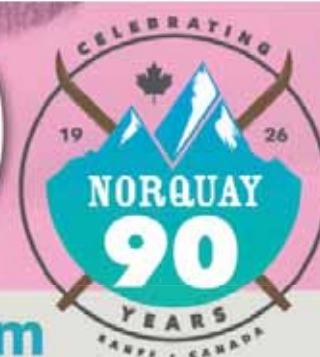


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## 'It's like a prison'

Recent amputee Ron Smith, seen here with his wife Pam, says his accommodations at Rockyview Hospital are so cramped, he has to disassemble part of his wheelchair to get to the bathroom sink. Story in [metroNEWS](#). JENNIFER FRIESEN/FOR METRO

## Bye-bye, bait bikes

LAW ENFORCEMENT

### Police change course on plan to address theft issue



**Robson Fletcher**  
Metro | Calgary

Bait bikes won't be coming to Calgary any time soon, according to city police, who now say there has been no progress on the program since last summer when they were dealing with a spike in bicycle thefts.

It was nine months ago that Sgt. Katrina O'Reilly told Metro several departments within the police service were working on an in-house version of a program similar to those in other jurisdictions, which see GPS tracking devices hidden inside bicycles placed in public areas as "bait" for would-be thieves.

A made-in-Calgary version was "on the horizon," O'Reilly said last August. But a police spokesperson said this week the service has opted to go a different route.

The news came as a disappointment to bike-theft victim Steve Coutts, who believes bait bikes would "absolutely" help cut down on this type of crime.

"The whole thing that cops have been telling us is that it's hard to nail these guys because they've got to be caught red-handed," Coutts said. "With bait bikes, you're going to get caught red-handed."

While police haven't ruled out a bait-bike initiative, the spokesperson said there are no immediate plans for one.

She noted police did address a spike in property thefts, in general, earlier this year by temporarily dedicating dozens of additional officers to the file.

**FOR MORE ON THE CITY'S BIKE-THEFT PROBLEM, see page 12**

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HUDSON'S BAY



Kelly Kask has already priced more than 3,500 items but says he "hasn't even scratched the surface." JENNIFER FRIESEN/FOR METRO

## Fargo set up for sale

### MEMORABILIA

### Two seasons of FX show were filmed locally

**Jennifer Friesen**  
For Metro | Calgary

Garage sales may be popping up everywhere this month, but there's only one sale in Calgary selling off a 1960s paddy wagon.

As the second season of Fargo tapes its final scene on Thursday, Calgary's Reclaimed Trading Company and Fargo

Alberta are teaming up to fill a 50,000 square-foot warehouse with all the props, sets and wardrobe items left behind.

Based on the 1996 film of the same name, the first season of Fargo is set in Minnesota in 2006, while Season 2 was set in 1960s and 1970s. Until now, the props from both seasons have been stored in the warehouse by MGM/FX Studios.

The Fargo Set Sale and Auction will kick off at 10 a.m. on Saturday, with over 100 racks of clothes from wardrobe, typewriters and even a vintage milkshake mixer. The classic cars, ranging from a 1950s Chevy to a 1960s cop car will be auc-

### + DETAILS

#### Sale and Auction

- Where: 2344 Portland St. SE
- When: Saturday, May 30
- Set Sale: 10 a.m. – 5 p.m.
- Car auction registration: 12 p.m.

tioned off at 1 p.m. with registration starting at noon.

"It's basically going to be a movie set garage sale," said Kelly Kask of Reclaimed Trading Company.

"There are all these really specific items from the '60s

and '70s scenes, so there's funky mid-century furniture and more things than we can even comprehend right now ... I imagine there's going to be a lot of '70s-looking hipsters walking around Calgary on Monday morning."

The Reclaimed Trading Company began as a group of contractors who decided to rescue the lumber and scraps left behind to use in new builds to keep it from the landfills. Kask originally reached out to the Fargo Alberta team to ask what they were doing with the lumber from their sets, and ended up hauling away a semi-truck full of plywood.



Some of the items that will be up for sale on Thursday, as seen stored in a warehouse on Tuesday. JENNIFER FRIESEN/FOR METRO

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## IN BRIEF

**Airdrie grow-op busted**

A tip from the public led to a seizure of a large number of marijuana plants and a semi-automatic handgun from an Airdrie-area grow-op, according to Alberta Law Enforcement Response Teams (ALERT).

ALERT's green team charged 38-year-old Clifford Clayton Favel with numerous drug and trafficking offences after they dismantled the grow-op, which was located in a Quonset hut on the property.

Police estimated the value of the drugs at \$912,500, and the weapon seized as a result of the search was a "high-standard supermatic handgun."

METRO

**Manitoba NDP turmoil sees some head for Alberta**

The rise of Alberta's New Democrats is prompting a growing number of Manitoba Premier Greg Selinger's key staff members to head west.

Selinger started losing top advisers last December, after five senior cabinet ministers challenged his leadership in a contest he ended up winning by the narrowest of margins.

His chief of staff, his caucus director, his communications chief and more parted ways with the premier in the ensuing months.

Some ended up in Alberta.

The exodus continued this week, as Peter Dalla-Vicenza, Selinger's acting issues management director, and Brent Dancey, a special adviser to cabinet on energy issues, served notice they are leaving to work in Alberta.

THE CANADIAN PRESS



Mayor Naheed Nenshi is interested in the idea of allowing 16-year-olds to vote in municipal elections. METRO FILE

# Mayor 'intrigued' by voting age idea

## MUNICIPAL ELECTIONS

## Professor: Lower age complements curriculum



**Helen Pike**  
Metro | Calgary

Calgary Mayor Naheed Nenshi says he's intrigued by a pitch from a colleague in the south who's hoping to allow 16-year-olds to vote in municipal elections.

In September, Jeff Coffman, a councilman and sessional government and politics professor at the University of Lethbridge, will present his idea to the Alberta Urban Municipalities Association convention.

Coffman's researched plan is to lower the municipal voting age to 16, which he believes will form positive habits and help reverse the trend when it comes to youth voter turnout.

"Our younger voters, that 18 to 24 cohort, really are not participating at the same rates that previous 18 to 24-year-olds have," Coffman said.

"My thought is that we expand the municipal franchise

to include 17 and 16-year-olds."

The immediate effect would likely lower voter turnout overall but, as Coffman said, academics suggest the earlier you vote the more likely you are to remain a voter throughout your life.

"These are the voters 50 years down the road," he said. "This is about teaching that sticky habit right out of the gate."

Nenshi said he'd be interested to hear more about the resolution, adding that youth tend to understand the issues and be pretty connected when it comes to politics.

"I'm a big fan of encouraging

voter turnout however we find it," Nenshi said.

"I think that a lot of teenagers, particularly if they're still in school, know probably more about governance than we know, so certainly something to look at."

Coffman said lowering voter age would pair well with a tweaked curriculum to address local democracy.

"I think that's key, that we not only provide them with the franchise, but we provide them with the tools to learn critical thinking, to learn electoral assessment, to understand ideologies," Coffman said.

WITH FILES FROM ROBSON FLETCHER

## APOLOGY

## MLA says sorry on Facebook

Controversial Calgary MLA Deborah Drever is apologizing unreservedly for social media posts with homophobic remarks and photos that appeared to make light of sexual violence.

On Tuesday, in a long Facebook post, Drever said she never intended to discriminate toward the LGBT community in an Instagram post mocking former premier Jim Prentice and minister Ric McIver that described them as "Gay boyz."

She said she also knows her intent isn't the issue.



## I strongly support equal rights for all Albertans.

Deborah Drever

"I also want to make it perfectly clear that I know now that my intent doesn't matter. When it comes to discriminatory language or actions, intent is irrelevant when it causes harm to another person or persons."

"I strongly support equal rights for all Albertans," she wrote.

Drever apologized to her new constituents, but also to her former colleagues in the NDP caucus.

"I am also sorry that I was the source of significant distraction from what should have been a time of celebration for Premier Notley and the NDP caucus," she wrote.

Drever said she intends to stay on as the Calgary - Bow MLA as an independent and work hard to regain the trust she has lost.

"I understand that this is a great privilege that comes with great responsibilities. I look forward to working to earn my constituents trust every single day."

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# Your life.



## Robots spark STEM interest

### EDUCATION

### Workshop aims to help kids see math, science aren't boring



**Anna Brooks**  
For Metro | Calgary

It's no secret: Most kids hate math. But what if playing with robots was part of the equation?

Rundle College Elementary School is one of a handful of Calgary schools exploring the use of robots to facilitate learning around more daunting subjects like math and science.

Principal Ron Clark said he was elated to see his Grade 5 students so excited to learn after running a series of Robot Rumble workshops through STEM Learning Lab, a new education startup in Calgary focused on engaging students through robotics.

Students spent three-hour sessions learning how to program robots, and then put their programming skills to the test with robot-to-robot competitions.

"The kids said it was so much fun," Clark said. "It's the whole idea of showing kids that things like math and science can be fun — it's very important to get them intrigued and interested."

Gina Cherkowski, co-founder and director of learning for STEM Learning Lab, said that because

of how quickly the digital age is evolving, technological literacy is essential for students.

"It provides multiple entry ways for students to get into math and technology," Cherkowski explained. "This is the shift we're taking in education, and we need to do it so our kids are prepared for a future requiring math and science."

Clark said his own school's success with STEM pedagogy has Rundle — and several others in Calgary like Ernest Manning High School and Sunalta School — looking at expanding or incorporating robotics programs into their curriculum.

"I'm so thrilled to have started this initiative at our school — there are some really fun and

exciting applications we can use with math and computer programming," Clark added. "With the amount of interest and curiosity sparked, we're looking at how else to integrate it into our school even further."

### + THINKING TECH

As the demand for STEM-based employees continues to trend upwards, Gina Cherkowski, with STEM Learning Lab, said teaching students how to program robots has students participating and thinking about STEM subjects in non-traditional ways.



**A student learns how to program robots at a STEM workshop.**  
CONTRIBUTED



# Rockyview's cramped room 'ridiculous': Patient

## HEALTH CARE

### 'Overcapacity spaces' under scrutiny



**Jeremy Nola**  
Metro | Calgary

Ron Smith's right leg was recently amputated below the knee and he is currently in a wheelchair.

And the tight quarters he's living in at Rockyview General Hospital are not helping him on the road to recovery.

"It's like you're falling back to where you started," he said through tears in an interview Tuesday. "I'm trying to get better ... You just want to leave."

Smith can roll into his room just fine, but he can't get to his bed, which appears smaller than a typical hospital one, without shutting the door. Then, when nature calls, he can only roll straight in and out of the bathroom. Reaching the toilet and sink without turning is quite the ordeal — Smith said he basically has to disassemble an arm on his wheelchair to reach either.

"It's 100 per cent ridiculous," he said.

He's just the latest Calgary hospital patient to sound alarms over the so-called "overcapacity spaces" being utilized by Alberta Health Services when their facilities fill up.

A previous patient at Peter



**Ron Smith is seen in this photo taken by his wife in his Unit 47 room at Rockyview General Hospital. He said the cramped space is impacting his frame of mind as he attempts to recover from an amputation of his right leg below the knee. COURTESY PAM GARDING-SMITH**

Lougheed Centre cried foul after undergoing a full hysterectomy and then being crammed into a room with another patient that she believes was only intended for one person.

After reading about that patient's plight, Dr. John Conly, AHS Calgary Zone medical director for infection prevention control, said he's seen numerous cases of beds being situated less than one metre apart at both Foothills Medical Centre, where



**He said to me that it's like a prison without the chain-link fence.**

Pam Garding-Smith, patient Ron Smith's wife

he's stationed, and South Health Campus. He said the tight-quarter setup is putting patients at risk of contracting infectious diseases from others and is "essentially reverting us to the trenches of World War One."

AHS has maintained it only

uses the overcapacity areas as a "last resort" and generally turns to them on the tail-end of a patient's hospital stay.

Smith was in a better room immediately after his amputation in late April, which came after a month of attempting to remove

a diabetic ulcer that formed on his right foot.

Late last week, however, he was moved to Unit 47 to make way for another post-surgical patient. His current accommodations are too much for his wife Pam to bear witness to. She said Tuesday she can't even pull up a chair to sit next to her spouse.

"I've had to take stress leave for work. I hate leaving at night with him in that room," Pam said. "He said to me that it's like a prison without the chain-link fence."

Newly minted NDP Health Minister Sarah Hoffman, who was only named to portfolio Sunday, wasn't available for an interview Tuesday, but said in a statement she was confident AHS was doing all it can to maintain patient safety and care while contending with "some very difficult challenges."

"As the new government, we intend to focus on sound policy and good decision making to address the pressures facing our hospitals. I encourage patients who are concerned about their care to discuss them with their care providers, but I also want to assure them that we are working to make changes that will make our health system stronger," Hoffman said.

Drew Barnes, health critic for the opposition Wildrose, said cases of patients crammed into improper rooms and being left to recover in hallways serve as proof that "the system is clearly broken."

## CPS to review policies for lead-footed officers

The Calgary Police Service is set to review how it monitors and punishes potentially dangerous drivers within the service.

The review, which officials said is part of an ongoing process, also comes following an investigation by CTV Calgary, which found CPS members rarely, if ever, have to pay speeding or red light tickets.

At Tuesday's Calgary Police Commission meeting, Supt. Kevan Stuart said the review would examine all aspects of the CPS fleet safety program to help identify and address gaps that exist within the service.

"As we do with many of our practices with the Calgary Police Service, we're continually reviewing how we do business and what's the best practice for the (service)," he said.

Although the CPS has documented a drop of 68 per cent when it comes to officers speeding or running a red light from 2010 to 2014, Stuart said more can be done to improve officer and public safety.

"The review is continuing and we're going to say we're well into it, but there still is a lot of work to do" he said. "We hold our officers accountable for their driving."

While it is uncommon for an officer to get a ticket, a string of traffic offences may result in internal discipline ranging from a loss of a police licence, to being passed up for a promotion.

"Our concern mainly is with public safety and officer safety," said Rodney Fong, chair of the Calgary Police Commission.

The review should be finalized by the fall.

MORGAN MODJESKI/METRO

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A blood python is seen in this photo posted to the Facebook page for Reptile World. METRO FILE

## Reptile World owner faces slew of charges

DRUMHELLER

### Facility forced to close earlier this year



**Jeremy Nola**  
Metro | Calgary

Investigators have slapped the owner of a now-shuttered Drumheller reptile exhibit with a slew of charges related to improper care and facility shortcomings.

Dave Bethel, who owned and operated the 26-year-old Reptile World until it was forced to close earlier this year, faces nine counts total in connection with two separate seizures of reptiles and amphibians, as well some mice.

The SPCA was first alerted to concerns about the tourist attraction, which hosts 40,000 visitors annually, by staff late last year. They made an initial

visit in December.

"We tried to work with him (Bethel) to see if he was able to correct the problems and he just was not able to do so," Lines said.

On Jan. 24, investigators seized four reptiles. Bethel now faces three charges in connection with that search, including causing or allowing the reptiles to be in distress, failing to provide them with adequate food or water and failing to provide care for ill or injured reptiles.

The SPCA returned to the facility with a search warrant Feb. 4 and seized 138 additional reptiles and amphibians. Bethel now faces five charges in connection with that sweep.

"Five charges, it's sort of the full gamut of what we can charge," SPCA spokesperson Roland Lines told Metro Tuesday.

Bethel faces a ninth charge in connection with improper space and ventilation for mice

kept on site that were fed to some of the reptiles.

Reptile World was billed as the largest exhibit of its kind in Canada. Lines said it's hard to know when the facility began "sliding downhill."

Investigators did find 75 reptile corpses improperly stored in freezers on the premises.

There have previously been safety concerns raised when it comes to staff and visitors to the reptile zoo, as it was revealed that there was no anti-venom on the premises — or in the province — to counter the harmful poison some of the creatures at Reptile World were able to produce.

"It's like driving a car without a seat belt or jumping out of a plane without a parachute — It's crazy," said Bry Loyst, a curator called in from Ontario to take possession of the potentially dangerous snakes at the now-closed Reptile World in Drumheller, in a March interview with Metro.

CRIME

## Police seek CCTV footage after man robs home at knifepoint

Police are hoping to obtain camera footage after a 49-year-old woman had a close encounter with an armed robber in her southeast residence over the weekend.

The man reportedly entered the residence in the 400 block of Applewood Place SE through a window. He made his way to the bedroom and began looking through

a dresser. Then, the man turned to the woman, holding a knife, and demanded she give him the bracelet off her wrist.

He fled the residence with a black leather purse and bracelet in hand before police responded to the residence at 2:20 a.m.

The suspect is described as black, standing between five-foot-five and five-foot-

eight. He was wearing jeans, leather mid-calf style work boots and had the lower half of his face covered. Police have images of the man, but are asking anyone in the area with CCTV footage to come forward, as they think he was travelling by foot.

Police added this is not a targeted attack and they believe it was a crime of opportunity. METRO

# Couple, newborn flee condo blaze

## MISSION AREA

**Fire ravages 4 suites, some owners lose everything**



**Morgan Modjeski**  
Metro | Calgary

For one couple affected by the blaze that tore through a Mission-area condo early Tuesday, their own safety was the last thing on their minds.

Nicholas Earle and wife Maria Carvajal said their focus was solely on making sure their seven-week-old Tomas was OK.

"I didn't care about my life," said Earle, who was sitting with his wife in the cafeteria of the nearby Holy Cross Centre.

The couple was one of numerous families at the centre impacted by the blaze, which the fire department said was the result of improperly disposed smoking material. One person suffered minor injuries.

The condo complex in the 2200 block of 1 Street SW was extensively damaged by the two-alarm fire in the building Tuesday morning.

Four suites were completely destroyed, and several received smoke and water damage, said Carol Henke, from the Calgary Fire Department.

Earle and Carvajal said the fire caught them off guard and they'll be better prepared in the future.

"I actually feel like a fool," Earle said. "Because I never read the regulations of the building and I didn't realize the alarm was an actual fire alarm. I thought maybe it was a car or a neighbour building,



**Maria Carvajal and Nicholas Earle sit in the Holy Cross Centre with baby Tomas following a fire that caused extensive damage to their Mission-area condo Tuesday.** MORGAN MODJESKI/METRO

but not ours.

"We were very lucky. It was a very scary moment," he said. "We just grabbed the baby we left everything."

The young couple said they don't think the fire damaged their suite.

Others, like Maia MacFayden and Jarod Pineault, weren't so lucky. They had just cancelled their tenants' insurance ahead of a move in mid-June. They lost everything in the fire.

Now, Kelly Black, MacFayden's brother-in-law and owner of BMEX Restaurant Group, where MacFayden works as a general manager, said they're trying to raise funds to ensure the couple

can move forward.

"They lost everything," he said, as the couple left their home with only their two pets, their wallets and the shirts on their back.

Black said he knows the couple would give the shirts off their backs to anyone in need, and now he's hoping to help and he hopes this is a time when the industry can rally together and take care of the couple.

"Luckily, they got away healthy and safe and with their animals, but unfortunately, when you lose everything in a fire and you don't have insurance, what you need is money."

## CRIME

# Police charge man over 2014 assault of taxi driver



**The man who allegedly assaulted a taxi driver in 2014.**  
COURTESY CALGARY POLICE SERVICE

A man has been charged with assault after a 2014 incident in which he allegedly punched and choked a cab driver.

On Aug. 10, 2014, a taxi driver picked up a man in the Woodpark Boulevard SW area and drove him to a destination in the area of Aboyne Way NE. When they arrived, the man paid his fare and the driver began to hand him change.

The man then punched the driver in the face and choked

him, according to police. The cabie managed to use his steering-wheel horn to attract attention, and the man fled on foot.

After releasing a photo of the man believed to be behind the attack in April, police have located and charged Kenton Charles Louis Butters, 26, of Calgary.

He was arrested on May 3 at a northeast residence without incident and charged with one count of assault causing bodily harm. METRO

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Lori Sigurdson is sworn in as the Minister of Innovation and Advanced Education and Jobs, Sunday, in Edmonton. JASON FRANSON/THE CANADIAN PRESS

# Time is tight to reverse tuition hikes: Advocates

## POST-SECONDARY

### Timeline for pledges unclear under new minister



**Jeremy Nolais**  
Metro | Calgary

Students are already ponying up additional tuition dough, despite a pledge from the NDP government to reverse so-called market-modification tuition hikes approved by their Tory predecessors.

All told, 25 programs offered at 10 institutions were approved for the hikes, which would cost impacted students a total of \$21-million annually.

But it remains to be seen how quickly the NDP government and its new Innovation and Advanced Education Minister Lori Sigurdson will move to cancel those increases, as was pledged during the recent election campaign.

Sigurdson was only named to the role Sunday but did "reach out" to post-secondary leaders Monday, department spokesperson John Muir said.

"During the call, she informed them she will be work-

ing on how to implement campaign platforms like reversing market modifiers and freezing tuition," Muir said.

Prior to Sigurdson's appointment, however, Dru Marshall, provost and academic vice-president at the University of Calgary, noted in an interview with Metro that students in her school's engineering, business administration and law programs had already begun paying tuition at the increased level.

"We're in an interesting phase and it's just too early to say (what will happen) because we haven't received any information from the current



**We haven't received any information from the current government.**

Dru Marshall, U of C provost

government," Marshall said.

Even with the increased tuition in select programs, the U of C is still projecting a budget shortfall of up to \$47 million over the next two years.

At nearby Mount Royal University, Erik Queenan, president

of the campus Students' Association, said the NDP should move quickly if it wishes to reverse the tuition hikes before the fall class bell rings.

"The longer the government waits on a decision to roll back market modifiers, the harder it will be for institutions already collecting tuition for fall 2015," he said.

Mount Royal was approved for loftier increases in both its business administration (\$150 per course) and nursing (\$100 per course) programs, but opted to limit the hikes to just \$50 a class. The campus science program will see the same per-course increase.

## VISUAL ARTS

### Live show will raise funds



**Anna Brooks**  
Metro | Calgary

A wild cast of characters from the "Arbour Lake School" art collective are coming together for Talk Show Telethon, a fundraiser supporting visual arts at Sled Island.

Ginger Carlson, visual arts curator for Sled Island, said with the high turnout at the inaugural event last year, Arbour Lake School hopped on board to host this year's campaign to raise some much-needed dollars for participating Sled Island visual artists.

"This is the first time we've done something with the Arbour Lake School," Carlson said. "Last year we raised a lot of money for artist fees and production costs, and we just want to support the awesome artists involved — there's so much going on this year for Sled Island."

Hosting a diverse array of installation, multimedia and performance art, Sled Island is also partnering up with Wreck City, one of Calgary's largest annual arts events.

Carlson added that she hopes to see Thursday's fundraiser spread awareness about the myriad of talented artists partaking in what's quickly becoming Calgary's biggest month for art.

"The Arbour Lake School are really great at facilitating these kinds of events — it's going to be a really fun night," she said.

Hosting a night of experimental comedy, performances and games, John Frosst, Andrew Frosst and Justin Patterson of Arbour Lake School will be taking over the National Music Centre Thursday at 8 p.m. for the Talk Show Telethon.

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# Calming the corporate crowd

## BUSINESS

### Economy in better shape than many fear, say officials



**Robson Fletcher**  
Metro | Calgary

Business leaders and politicians tried to quell corporate Calgary's concerns over low oil prices and uncertainty surrounding Alberta's new NDP government Tuesday.

During Calgary Economic Development's annual "Report to the Community," CEO Bruce Graham told a crowd of hundreds the city's rate of unemployment and workforce participation rates are still "very favourably comparable to places like Toronto and Montreal."

Mayor Naheed Nenshi noted Calgary's unemployment rate remains the lowest of major cities in Canada and its recent increase was the



**Calgary Economic Development's CEO Bruce Graham speaks to guests at the organization's annual "Report to the Community" on Tuesday.** ROBSON FLETCHER/METRO

result of more people looking for work.

"In the first quarter of this year, we actually created more jobs than we lost in Calgary," Nenshi said. "The

reason our unemployment rate went up was not due to job loss. The reason our unemployment rate went up is because more people continue to move here."

John Rossall, chairman of the Canadian Association of Petroleum Producers, said the oil industry understands it needs to "be patient" with the new NDP government after

more than four decades of Progressive Conservative rule.

"We're very keen to engage with the government when they have their feet under them," he said.

Rossall said any sense of uncertainty about the new regime or the future of oil prices is nothing the oil industry hasn't been through before.

"Our industry has seen its ups and downs over the years," he said. "And in my roughly 30 years, it seems every time we go through an event that creates a lot of anxiety, we seem to come out the back end better off than we went in."

The City of Calgary has been keeping a close eye on its own financial situation, said city manager Jeff Fielding, and, despite some concerns raised earlier in the year, he said 2015 is shaping up decently for the city's books.

"The numbers are actually quite positive," he told the crowd.

**MORE LOCAL NEWS ONLINE**

## FINAL REPORT

### Graham bowing out after 12 years

This was Bruce Graham's final report to the community as Calgary Economic Development CEO, after 12 years with the organization.

He said he's seen a lot of changes over that time, as Calgary's rapid growth has transformed a once medium-sized Prairie city that relied almost exclusively on the oil industry into a metropolitan centre with a more diverse economy.

"If you look at the GDP numbers from 1987 to 2014, the industry mix is totally different," Graham said.

"There's no doubt the driver of this economy is still energy, and it's the driver of the Canadian economy. But increasingly, it's innovation, it's finance, it's technology."

# Rise in shootings worries police

Calgary police voiced their concerns Tuesday about rising numbers of drive-by shootings and gun violence this year in Calgary.

"I hate for people to live in fear, but it's a reality we have to address," said Quinn Jacques with the Calgary Police Service guns and gangs unit. "We're accountable. We have to find out why it's happening and take steps to deal with it."

Regardless of whether these shootings are random or targeted, Jacques said one of his biggest worries is an innocent bystander getting hit.

The most recent example of this was seen on Sunday when a man driving in the Rundle area of northeast Calgary was hit by a bullet that flew through the back window of his vehicle.

While Jacques said investigators don't yet know if it was a random hit or a targeted attack, the incident was only a millimetre away from being a homicide.

"That's what scares me the most," Jacques said. "It's very alarming when errant shots



**Calgary police are reporting an increase in drive-by shootings in 2015.** METRO FILE

are ending up in someone's home when they're sound asleep."

Coupled with the uptake in drive-by shootings are increases in the number of firearms in Calgary. Jacques said in the past, police used to recover either drugs or guns in criminal investigations, but now the two seem to go hand-in-hand.

"Where there are guns, there are drugs. That concerns us," he said. "A couple

of years ago, it would be uncommon to find firearms present with drugs. Now it's almost exclusive."

In January, shots were fired from a vehicle into a home in the Rundle community of Calgary; only a month later, another drive-by saw shots fired into a vehicle in Marlborough.

Jacques said police have no new information and are still investigating Sunday's shooting. ANNA BROOKS/METRO

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Steve Coutts stands in the parking garage of his condo building, which has been hit by bike thieves on numerous occasions. JENNIFER FRIESEN/FOR METRO

# Cyclists tired of mass thefts

## CRIME

### Bicycle thief teams target condo bike rooms



**Robson Fletcher**  
Metro | Calgary

Steve Coutts is fed up with thieves walking into his condo's underground parking garage and making off with multiple bikes at a time.

His building was hit again — hard — in January over a period of days by a group of people apparently executing a co-ordinated plan.

Coutts, who sits on the condo's board of directors, watched it all unfold — after the fact — on the building's security-camera footage.

First, he said, a man made his way from floor to floor of the multi-level parking garage and broke the locks on the doors to all three bike-storage rooms.

"But he didn't take any bikes," Coutts said. "He just got everything open. And then, over the next few days, they just came in and kept taking bikes."

It took some time for anyone to notice, as the bike rooms were relatively inactive during the winter. Altogether, Coutts figures seven to 10 bicycles were stolen.

This came after his high-end mountain bike and his wife's — worth about \$7,500, together

— were taken from the same parkade in 2013.

Kimberley Nelson, president of Bike Calgary, said that's not the only case of targeted, mass bike theft she's heard of this year.

In recent weeks, she said the bike community was abuzz with talk about a group of thieves using similar tactics, again, based on security-camera footage.

"They're on bikes and they have trailers on the back of their bikes, and they've been photographed removing bikes from condo buildings and putting the bikes on the trailers," she said.

No police officers were available to speak to bike thefts Tuesday, but Sgt. Katrina O'Reilly told Metro last summer there had been a "tremendous

“

**There's probably like half a dozen guys doing it.**

Steve Coutts

increase" in the number of bikes being stolen in break-and-enters, rather than from an outdoor rack or off the street.

Nelson said the number of actual bike thefts likely dwarfs the number reported to police.

"Most people think it's a lost cause," she said, adding many victims opt to take matters into their own hands or turn to social media for help.

She recalled the great "Twitter takedown of 2013" in which a Bike Calgary member recognized a stolen bike on the street from a tweeted photo, put a lock on it, called the police, and live-tweeted the ensuing drama.

Bike Calgary has a section on its website to report details of stolen bikes which automatic-

ally generates tweets and sees printed posters put up at Good Life Bike Shop, resulting in "many success stories" in which people have been reunited with their lost rides.

That said, Bike Calgary encourages filing a police report as the first thing to do when you find your bike has been stolen.

Coutts said he has chided friends of his who failed to report stolen bicycles to police, but understands their sense of hopelessness.

As for the thieves targeting condo garages, Coutts thinks a bait-bike program could go a long way in catching the culprits.

"There's probably like half a dozen guys doing it," he said. "Knock off three or four of them and it's going to make a big dent and it's going to send a message to the rest of the guys, too."

## + STATISTICS

### Thefts picking up speed

- Calgary police didn't have statistics on bike thefts for 2015, but data they provided to Metro last summer indicated a rising rate of this type of crime.
- There were 970 bikes reported stolen between January and July of 2014, compared to 912 during the same period in 2013, which was one of the worst years in recent memory for bicycle thefts.
- A total of 1,679 bikes were reported stolen in 2013, up 53 per cent from the previous four-year average.

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# Mayor excited by 311 plan

## SKEPTICISM

**Workers would have increased workload out of the office**



**Anna Brooks**  
Metro | Calgary

Following the 10th anniversary of the City of Calgary's 311 Contact Centre, Mayor Naheed Nenshi expressed his excitement for an upcoming initiative that would see 311 agents working directly out of city-run community facilities.

"We're going to be starting a project soon where we're experimenting with taking 311 operators and physically locating them in community facilities like swimming pools and recreation centres," Nenshi explained.

"They can take calls and deal with online requests," he said. "If you're actually at the swimming pool or a city service, there's someone there who can help you."

But Cindy Pickett, director



**Calgary Mayor Naheed Nenshi hops on a call with customer contact representative Chris Pat to learn the ins and outs of the 311 call centre.** ANNA BROOKS/METRO

of customer service and communications for 311, said while conceptually the idea is great, it's not something citizens could expect to be seeing anytime soon.

Pickett said they've had discussions with city councillors about implementing 311 agents in city-owned facilities as a way to improve customer service

in communities, but she said she's not quite sure how agents would be able to handle the extra workload.

"You would need to create

**You would need to create a job description for a 'super agent.'**

Cindy Pickett, director of customer service and communications for 311

a job description for a 'super agent,'" Pickett said.

"Logistically to create such a complex job for one person to multi-task inquiries about everything in the city plus teach them all the transactions and everything else...that's adding a whole other layer of another job."

Because of the critical role 311 customer contact representatives already play in the city, Pickett added that moving them to other city-owned facilities would mean hiring and training new staff to replace those lost at the call centre.

"Where would you get the staffing from? I just can't displace the call centre folks," Pickett said.

"If you take the staff out of the centre and distribute them, they aren't able to answer calls."

## IN BRIEF

### Wildfires force about 5,000 to evacuate homes in northern Alberta

About 5,000 people remained out from their homes Tuesday as wildfires continued to burn and cause havoc in north-central Alberta.

The evacuees included people from Wabasca, the Bigstone Cree First Nation and two municipal districts in a rural area north of Edmonton.

Agriculture and Forestry Minister Oneil Carlier said he hopes people will abide by a provincewide fire ban.

"Most of the province is under a high to severe fire threat and it is incredibly important at this time that we all do everything we can to keep people safe."

The Municipal District of Opportunity and the Bigstone reserve, along with the MD of Lesser Slave River, were under states of local emergency, which allow local authorities to order evacuations and control travel in affected areas.

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# Immigration ranking drops

## CITIZENSHIP

### Canada's fall on global index due to Ottawa's policies: Group

Canada has dropped out of the top five countries in integrating immigrants into the society due to policy changes by Ottawa to restrict access to family reunification and citizenship for newcomers.

According to the latest world ranking by a Brussels-based think tank, Canada has slipped from third to sixth place among 38 developed countries in allowing migrants access to equal rights, support and opportunities.

Although Canada is still considered a welcoming country for newcomers amid the global anti-immigration and anti-terror tide, the Migrant Integration Policy Index (MIPEX) says its policy shift to the right raises questions about the future of the country's traditionally inclusive integration system.

"It is a cause of concern, one that we need to watch," said Thomas Huddleston of the Migration Policy Group, lead author of the European Union-funded, peer-reviewed index. Canada's 2015 MIPEX profile will be released in Toronto Wednesday.

"With Canada rolling back on some provisions from family reunification and citizenship, it is going to have an impact on

## + BY THE NUMBERS

The project compiles and standardizes factual data from its local research partners in all EU member states, Australia, Canada, Iceland, Japan, South Korea, New Zealand, Norway, Switzerland, Turkey and the United States — and ranks

the countries based on a 100-point scale. In MIPEX's last edition, published in 2011, Canada scored 72 points and ranked third place, just behind Sweden and Portugal, which earned an overall 83 points and 79 points respectively.

immigrant integration. Other countries will follow Canada."

Based on a detailed checklist of 167 indicators, researchers surveyed the latest government policies in affording migrants access to eight areas: labour market mobility, family reunification, education, health, political participation, permanent residence, access to nationality and anti-discrimination efforts.

"One key to Canada's immigration model has been that selected immigrants arrive as permanent residents with equal rights to invest in their integration and quickly become full Canadian citizens," says the 2015 MIPEX profile on Canada.

"Recent delays and restric-

tions to family reunion and citizenship may bring unintended consequences for permanent residents, doing more harm than good to Canada's integration outcomes.

"The increasing number of temporary workers may also be discouraged and delayed to invest with integration, as they have limited opportunities to try out new jobs or trainings, learn English or French for free or become permanent residents, citizens and voters."

Professor Harald Bauder, academic director of the Ryerson Centre for Immigration and Settlement, said he was surprised Canada still fared quite well in light of the dramatic changes made to the immigration and refugee system by the Conservative government.

"Maybe, when compared to the significant changes made by countries all across the map, we're still doing quite well despite the damages inflicted by Ottawa's policy changes," Bauder said. TORSTAR NEWS SERVICE



**It is a cause of concern, one that we need to watch.**

Thomas Huddleston,  
Migration Policy Group



**Conservative MP Michael Chong is seen in 2013. Chong got a rough ride from some of his own caucus colleagues as he promoted his Reform Act at a Senate committee Tuesday. The act is billed as a way to rebalance power between members of Parliament and party leaders.**

SEAN KILPATRICK/THE CANADIAN PRESS

## SENATE

### Reform Act gets a bumpy ride

Prospects are looking grim for Michael Chong's legislative baby, the Reform Act 2014.

Conservative senators from Chong's caucus — along with some Liberals — laid out their opposition to parts of the private member's bill Tuesday at the Senate rules committee.

That's a strong signal that the proposed legislation, which is designed to give MPs more power in the Commons, will not get through the upper chamber without amendments.

Amendments would be the

kiss of death for the bill, which would then go back to the House of Commons for more votes. There's less than a month before the two houses rise for the summer; an election campaign will dissolve Parliament in the fall.

So is Chong's bill being killed by the Prime Minister's Office through the Senate? If so, it would be an ironic turn of events, given that the bill is supposed to temper the power of party leaders. Chong said he does not know if his Senate colleagues have been coached to make sure

the bill doesn't see the light of day — but he warned that voters are watching.

"It potentially could become an election issue," Chong said after the meeting.

The act is billed as a way to rebalance power between members of Parliament and party leaders.

One section would remove the veto power of party leaders over who gets to run in a federal election — a stick that leaders have brandished over MPs to ensure caucus discipline.

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# U.K. eyes future of the EU

### EUROPEAN UNION

## Cameron trip focuses on differences over autonomy

British Prime Minister David Cameron heads to continental Europe this week on a campaign to curtail EU involvement in national affairs.

France and Germany, meanwhile, want to move in the opposite direction.

Which formula is more likely to ensure the EU's survival is the issue Cameron will face on his trip — and the existential question the European Union is facing in the months to come.

Cameron is visiting Denmark, the Netherlands, France, Germany and Poland

as he launches his mission to scale back the EU's political powers over member states on sensitive issues such as migration and welfare.

Without such changes, Britons may vote to pull the U.K. out of the EU altogether in a referendum Cameron has promised before 2017.

But France and Germany, whose post-war alliance formed the backbone of today's EU, have their own mission.

They sent an outline for closer economic co-operation in a letter to European Commission President Jean-Claude Juncker reported by Le Monde. Juncker's spokesman Margaritis Schinas welcomed the idea Tuesday as "key" to solidifying the shared euro currency and European unity.

THE ASSOCIATED PRESS



A wax David Cameron gets a touch-up at Madame Tussauds in London. THE ASSOCIATED PRESS

### IN BRIEF

#### Southern India heat wave kills more than 750

More than 750 people have died in southern India since mid-April as soaring summer temperatures scorch the country, officials said Tuesday.

More than 550 people have died from the unrelenting heat in Andhra Pradesh since May 13, the state deputy chief minister said.

THE ASSOCIATED PRESS

#### Twister kills 14 in Mexican border city

The body of a baby torn from a car by a tornado was found Tuesday in the northern Mexico border city of Ciudad Acuna as the death toll from the storm hit 14. Searchers found the baby's body amid the rubble of shattered houses. Earlier reports said the child had been in a baby carrier.

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# Nepal bans child travel without legal guardians

## TRAFFICKING

### Move aimed at protecting kids who lost homes in earthquakes

The government announced Tuesday that all children travelling in Nepal will need to be accompanied by their parents or a legal guardian to prevent the trafficking of young people who lost their homes in the country's powerful earthquakes.

The Ministry of Women, Children and Social Welfare said the ban is aimed at protecting homeless children who are living in tent camps where there are large numbers of people.

Ministry official Ram

Prasad Bhattarai said an approval letter issued by a district Child Welfare Board will be needed for any other adults travelling with children from one district to another.

The ban comes days after police stopped two groups of children who were being taken by unrelated adults by bus in different districts. The children are being held in government shelters and police are still investigating the cases.

International adoptions have also been suspended, he said.

Thousands of children are taken from Nepal to neighbouring India every year to work as child labourers or in brothels.

The earthquakes on April 25 and May 12 killed at least

## + VIGIL

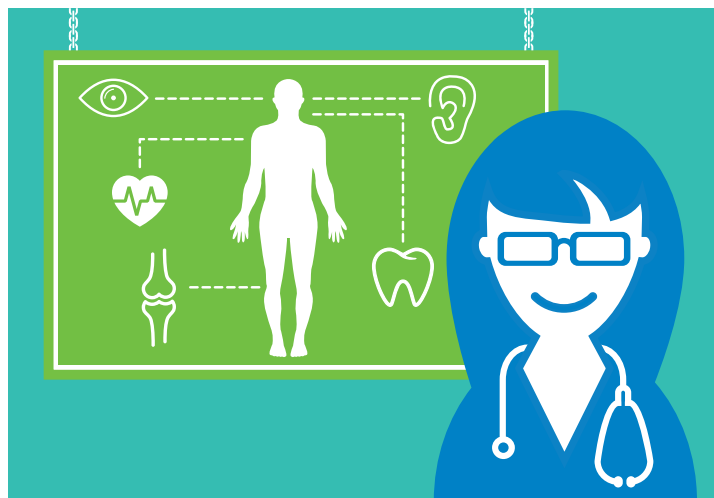
Hundreds of people have held a candlelight vigil in Nepal's capital to mark one month since the earthquake that killed thousands of people and affected millions. About 200 people gathered in the heart of Kathmandu on Monday evening to remember the dead. In the afternoon about 400 people held hands to form a human chain around the site where Dharahara tower once stood. The collapse of the historic tower crushed at least five dozen people.

8,673 people in Nepal.  
THE ASSOCIATED PRESS



Hundreds of Nepalis gathered on Monday at the rubble of a 19th-century tower in Kathmandu to mark one month since an earthquake killed more than 8,600 people. THE ASSOCIATED PRESS

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# University enrolls bitcoin

BRITISH COLUMBIA

## Simon Fraser now accepts digital money on campus

A British Columbia university is now accepting the digital currency bitcoin at all of its bookstores, a move that staff claim is a first for Canadian post-secondary schools.

Simon Fraser University has also announced that automated bitcoin vending machines will soon begin operating on campuses in Burnaby, Vancouver and Surrey.

"What we're trying to do is get students to talk about innovation and try bitcoin," said Mark McLaughlin, SFU's executive director of ancillary services, in a news release.

"The only way to have an opinion about digital currencies is to learn about it, and we are providing a first-hand experience in that regard."

Bitcoin is a virtual currency that is transferred online without the help or regulation of any central bank.

The university broke new ground last year when it became Canada's first post-secondary institution to accept bitcoin donations.

"It is our mission to challenge and engage students and provide



Lauren Shandley, Mike Yeung, Laurie Macpherson and Scott Nelson are shown in an undated handout photo. Yeung and Nelson have made the first bitcoin virtual currency donation to Simon Fraser University. The money will be used by Shandley and Macpherson for a humanitarian co-op project in India this fall. SIMON FRASER UNIVERSITY-HO/THE CANADIAN PRESS

them with learning opportunities not only inside the classroom but also outside," said McLaughlin.

Simon Fraser has one of the

most active bitcoin student clubs in North America, which has been pushing for the school to introduce the currency, said Mc-

Laughlin.

SFU Bitcoin Club founder Michael Yeung likened the shift to the early days of the Internet.

"The coming era of virtual currencies is inevitable and exciting," said Yeung.

THE CANADIAN PRESS

## IN BRIEF

### Taco Bell, Pizza Hut to use natural ingredients

Taco Bell and Pizza Hut say they're getting rid of artificial colours and flavours, making them the latest big food companies scrambling to distance themselves from ingredients people might find unappetizing.

Instead of "black pepper flavour," for instance, Taco Bell will start using actual black pepper in its seasoned beef, says Liz Matthews, the chain's chief food innovation officer.

The Mexican-style chain added it is removing artificial dyes from its offerings.

Critics said the purging is a response to unfounded fears over ingredients, but companies are nevertheless rushing to ensure their recipes don't become disadvantages.

Pizza Hut says it will remove artificial flavours and colours by the end of July. It said it will begin listing all its ingredients online.

Taco Bell says it will take out artificial colours, artificial flavours, high-fructose corn syrup and unsustainable palm oil from its food by the end of 2015. It says artificial preservatives will be removed "where possible" by 2017. The moves do not affect fountain drinks or co-branded products, such as its Doritos-flavored taco shells.

THE ASSOCIATED PRESS

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CPP

## Feds to explore new options

In a sudden about-face, the Harper government said Tuesday it's thinking about giving Canadians the option of hiking their contributions to the Canada Pension Plan — a measure that would help them boost their retirement savings.

With an election date less than five months away, the move looked like a surprise effort by the Conservatives to wrestle some ground away from their political foes.

The government's goal: explore ways that would allow Canadians to make voluntary add-on

contributions to the CPP.

"We are open to giving Canadians the option to voluntarily contribute more to the Canada Pension Plan to supplement their current CPP retirement savings," said Oliver, who offered few details and did not speak to reporters after question period.

People need choices when it comes to their retirement savings, rather than being forced to make mandatory payments, Oliver said.

The subject of retirement income is expected to be a weighty election issue this fall and the

Tories' opponents lined up to portray Tuesday's change of heart as crass political opportunism.

"They're trying to scoop up a few votes of those that are concerned about their pensions," said NDP finance critic Nathan Cullen.

"I don't know if they're actually going to do it. If they were going to do it, one would've imagined they would have done it already."

The NDP has long called for a CPP expansion to help Canadians save for retirement.

THE CANADIAN PRESS

## market minute



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80.47¢ (-0.74¢)

**TSX**  
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**OIL**  
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**NATURAL GAS:** \$2.822 US (-6.5¢)  
**DOW JONES:** 18,041.54 (-190.48)

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## THE BIG THING: DIY LYME TREATMENTS

**A range of untested and unorthodox treatments for Lyme disease are being promoted and sold on the Internet, says a new study in the journal Clinical Infectious Diseases. It raises the alarm about therapies marketed to people who believe they have an unproven condition they call chronic Lyme disease.** THE CANADIAN PRESS

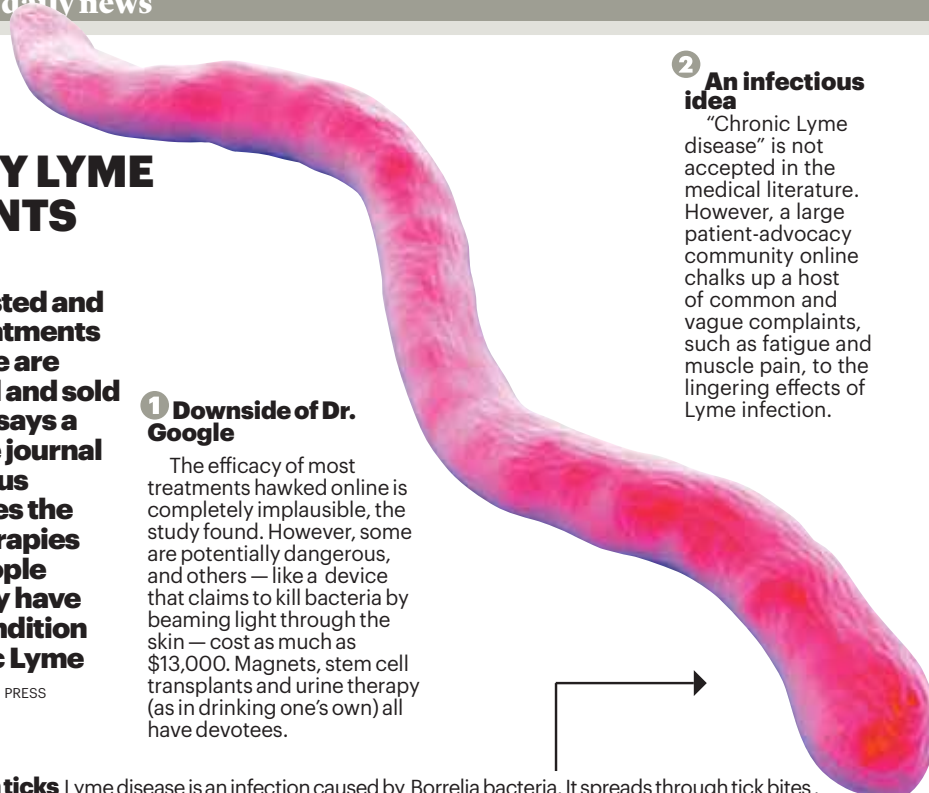
### 1 Downside of Dr. Google

The efficacy of most treatments hawked online is completely implausible, the study found. However, some are potentially dangerous, and others — like a device that claims to kill bacteria by beaming light through the skin — cost as much as \$13,000. Magnets, stem cell transplants and urine therapy (as in drinking one's own) all have devotees.

**3 The trouble with ticks** Lyme disease is an infection caused by *Borrelia* bacteria. It spreads through tick bites. Symptoms can last for months and include fever, a round rash around the bite, joint pain, facial palsy, and less commonly, potentially life-threatening swelling of the brain or spinal cord. A short course of antibiotics is the usual treatment.

### 2 An infectious idea

"Chronic Lyme disease" is not accepted in the medical literature. However, a large patient-advocacy community online chalks up a host of common and vague complaints, such as fatigue and muscle pain, to the lingering effects of Lyme infection.



# The struggle to limit screen time — for cats

## SOCIAL DISCOURSE

Omar Mouallem



I'm no longer the only one in my house addicted to technology. My cat Darwin is, too.

It started with one iPad app, Paint for Cats, which hilariously teases her with a cartoon mouse that squeaks and leaves behind multicoloured paw prints each time it's attacked. Now the paw prints are real, and they're all over my tablet, phone and TV screens.

Like most cats, she doesn't respond to her name. Yet the clicking of the Netflix menu is enough to bring her inside from the balcony, whether or not the dragonfly she's torturing at the moment is dead yet. She finds the spasmodic scrolling irresistible, and cries when it stops because she's blocking the remote sensor. She howls even louder when I decide on

something to watch.

Darwin's not the only one with a problem. At least one SPCA, in Los Angeles, started accepting tablets as donations — and it's not to entertain the volunteers. Not primarily, anyway.

There's now a cottage industry of tailor-made videos and apps for cats. Little Hiccup, makers of Paint for Cats, which by 2012 had been downloaded over 300,000 times, have two other offerings. There's also Crazy Cat for Android, popular enough to earn 3,000-plus mostly positive reviews, and Enjoy With Cat, a two-player game for felines and their human companions. Not to be outdone, the cat-food brand Friskies now offers its own promotional cat games, which have been downloaded two million times so far.

There are many more but they're all engineered in the same way, with quick and jerky objects, according to Dr.

Bonnie Beaver, executive director of the American College of Veterinary Behaviourists. As she recently explained to the Associated Press, "Cats are attracted to things that move, and that is the 'magic' for most of the apps."

It helps that cats, unlike dogs, have fast-adjusting pupils and depth perception and colour definition closer to our own. But while the harms of overusing computers are well documented for humans, could this digital catnip also be damaging and potentially distressing?

I'm wondering because these new gadgets have definitely had an effect on my pet parenting.

The morning after I first played Darwin her favourite YouTube video — 16 minutes of birds and squirrels — I found her waiting for me on the closed laptop, sitting regally and wide-eyed. Now I find it a handy distraction when her incessant nagging interferes

**It seems cats love the Internet as much as it loves them. There's now a cottage industry of apps for cats.**

with my work or my own enjoyment of the Internet.

I can justify it as escapism for a housebound pet. I'm offering a healthy outlet for her basic instincts. But I know I'm really just suppressing her neediness — a quality only a dog owner could love.

So like a guilty but helpless parent, I just plop her in front of another screen. It's bad, I know. But it works.

**Omar Mouallem**

(@omar\_aok) is based in Edmonton and edits the Yards. Social Discourse appears every other Wednesday.

## metroview

# Sexual assault against men is less common, but no less traumatic



Angela Mullins

Maybe I should start a men's movement.

"You may as well," my wife told me the other day. She'd just endured my latest rant about a public-service announcement about sexual harassment and abuse.

The Ontario government ad is a universal case study in playing to the majority and ignoring the minority with hopes of creating change for all. What could have been a powerful message about everyone doing their part to make a difference has become part of an all-too-common narrative in our post-Jian Ghomeshi, post-Bill Cosby, still-unfolding Canadian military scandal reality: Men are perverse, women are victims.

For those who haven't seen it, the video plays out something like this: Four women are shown as victims, fielding everything from unwanted shoulder rubbing to having roofies slipped into a drink. At the end of it all, you're asked #WhoWillYouHelp.

The settings for the vile acts range from an office to what we can assume is a high school hallway. The women are from a wide range of ethnic backgrounds. Their ages vary. The same is true for the people taking advantage of them.

It's obvious the creators tried really, really hard to make the message relevant for everyone. Problem is, they

missed the mark.

In the 61-second warning not to treat people like objects, every one of the predators has a penis.

I have, of course, seen the statistics. Although the numbers vary based on the source, about 80 per cent of sex crimes are directed at women. The abuse women face is generally more violent. And, because of that, they're more likely to die at the hands of their abusers.

But, for those men who do become targets, being a victim is, I'd imagine, no less painful and no less soul-sapping.

Despite the position of power they generally occupy due to the luck of chromosomal pairings alone, men have, in this instance, been swept under the rug. Those who dare mention their place in the sexual-abuse conversation run the risk of being considered anti-woman or, even worse, pigs.

It's sad that we've come to this point. Working against assault is, at its very root about treating everyone with respect and dignity, regardless of their gender or how likely they are to become victims.

To earnestly fight sexual assault, government campaigns — and others for that matter — must be all-inclusive, representing people of all stripes and, I hope, prompting storylines we've never heard.

Perhaps what I really should do is start a human movement.

Our slogan? How about: "Hey, hey, ho, ho, a collective conscience is the way to go."

Rosemary Westwood will return Thursday.

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# The one-man show of Oyelowo

HBO MOVIE

## Selma actor rises to his role in Nightingale

Lisa Weidenfeld  
Metro | New York

While actor David Oyelowo might be best known to some audiences for his stellar performance as Martin Luther King Jr. in the epic civil rights drama *Selma*, by the time he filmed his breakthrough role, he'd already completed work on *Nightingale*.

The movie, which stars only him and premieres on HBO this Friday at 9 p.m., tells the story of the deteriorating mental state of a vet named Peter Snowden as he tries to keep his life together after committing a very brutal act. Oyelowo is virtually unrecognizable as the same performer who played Dr. King — the only parallel between the movies is that they're both produced by Brad Pitt's production company, Plan B. We talked to him about being your own co-star and working with Pitt.

**The film occasionally feels almost like a play, in the sense that it's a one-man show. Did that have any impact on how you made it?** I did learn it like a great big monologue. I didn't do what you may otherwise do,

which is that you learn your lines for any given scene a couple of days before you actually shoot it. I felt that the level of immersion that I would want to subject myself to in playing this character would mean that I didn't really want to be in the head space of technically learning lines whilst shooting, so I did learn like you would a play. But then the rest of the experience was that of a filmmaking one in terms of the nature of the way we shot the film. Because it's very intimate in the way that theatre can't be. He's expressing very dark thoughts at times, right up close into the camera, and that employs a very different part of your artillery as an actor than the stage does.

**Did you find yourself recalibrating your performance at all, since it's just you onscreen?**

I don't feel like I did recalibrate what I would normally do as an actor. It was just doing what felt right and true for playing this particular role. I don't think we did anything that was technically different, per se, than what you would do in any other given film, but because

of who he is, the way he expresses himself, the fact that this is a guy who will happily have a conversation with a three-way mirror, means that the realms of the orthodox ways of either shooting a film or interacting with another character are kind of out of the window, so you're just doing whatever feels truthful given Peter Snowden's circumstances.

**Peter spends a lot of time on the phone, either talking to people, or rehearsing talking to people. Was someone on the phone with you at those times?**

We actually made the choice to never have anyone on the other end of the line. It was something I felt very strongly about because there are times with Peter where there is someone on the other end of the line and there are times when there isn't. It is someone he has manufactured in order for him to live with himself. The film starts with Peter having committed a heinous act and he has a mental condition that means that dealing with the repercussions of both what he has done and who he is, is something that he is constantly push-

ing away ... We wanted to keep the audience guessing as to whether he's actually talking to someone other than himself.

**This is the second time you've worked with Brad Pitt, who also produced *Selma*. Do you think you're drawn to similar types of projects?**

It's funny, because we've now had two projects together, but actually my friendship with him is very much linked to us being dads with lots of children. He has six, I have four, and we get together every now and again and watch our children tear the place up. But yes, we worked together on *Selma*, and *Nightingale* was born out of that. While I was doing *Selma*, we had already shot *Nightingale* and Dede Gardner and Jeremy Kleiner, who both run Brad's company Plan B, I showed them the film, which we had finished at that time ... They saw it, showed it to Brad, and I remember him saying, my goodness, what a thing to go from Dr. King to Peter Snowden. His connection with *Nightingale* was very much from an actor's point of view. I think he was very interested in an actor putting themselves through that exercise.



David Oyelowo is the solo star of *Nightingale*. CONTRIBUTED



**I don't feel like I did recalibrate what I would normally do as an actor. It was just doing what felt right and true for playing this particular role.** David Oyelowo

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# The long wait Between episodes

NEW

**Jennette McCurdy explains why you can't binge on her Netflix show**



**Ned Ehrbar**

Netflix is trying something different with *Between*, the new series about a town quarantined after a virus kills off everyone 22 and up. Instead of letting viewers binge-watch all six episodes, Netflix is doling out the instalments one at a time each week, like traditional TV. But don't worry, series star Jennette McCurdy is here to help you wrap your mind around that.

## No binging, OK?

I prepared all of my friends because when they found out I was doing a Netflix show they were like, 'I'm going to watch it so fast. Like I'm going to watch it faster than anyone!' And I was like, 'No you're not.' But I think this is a good way for the audience to stay invested and keep the conversation going. And there are only six episodes, so it's not like you're going to have to be like, 'Oh my God, this is a half-year commitment.' If there were more, then I could see how it might potentially build some frustration.

## If you're a fan of...

It has sci-fi elements, it's a survivalist thriller, it has romantic elements — it's the kind of show that I enjoy watching. To me, it resembles a younger version of *Lost*, which is my favourite dramatic show ever, so that was very



Jennette McCurdy is the pregnant daughter of a minister in the new Netflix series *Between*. CONTRIBUTED

exciting for me. I have tremendous respect for all of the actors on that show. I don't know how they endured it. I'm sure they deal with a lot of people giving them flak when they're just trying to get tomatoes at Ralph's or something.

## It won't leave you hanging

There are some unsolved mysteries to keep viewers curious and invested, but I do think that there are a lot of character arcs and a lot of resolution that can act as a satisfying payoff so you feel like at the end of the first



**I think this is a good way for audiences to stay invested and keep the conversation going.**

Jennette McCurdy talking about Netflix's decision to release *Between* in week-by-week episodes instead of all at once.



season, 'OK, some of my questions were answered.'

## Who she plays

My character is Wiley Day, and she's the pregnant daughter of a minister. She's really rebellious and rough around the edges, but ultimately she's very sensitive and highly insecure. She does not have the most nurturing of mother skills. She doesn't have any semblance of a maternal instinct, and she carries a lot of her own

problems into motherhood.

## She's not your typical hero

Wiley is really real. She seemed, like, against the base of archetypes that we see where it's somebody who's very strong and knows exactly what she's doing — the girl who's got it all together and she's strong-willed and she's smart and she's got a great smile, too. And she wasn't the angsty, completely bogged-down, over-emotional girl. I think she has a unique voice and something that is hopefully good for young people to see.

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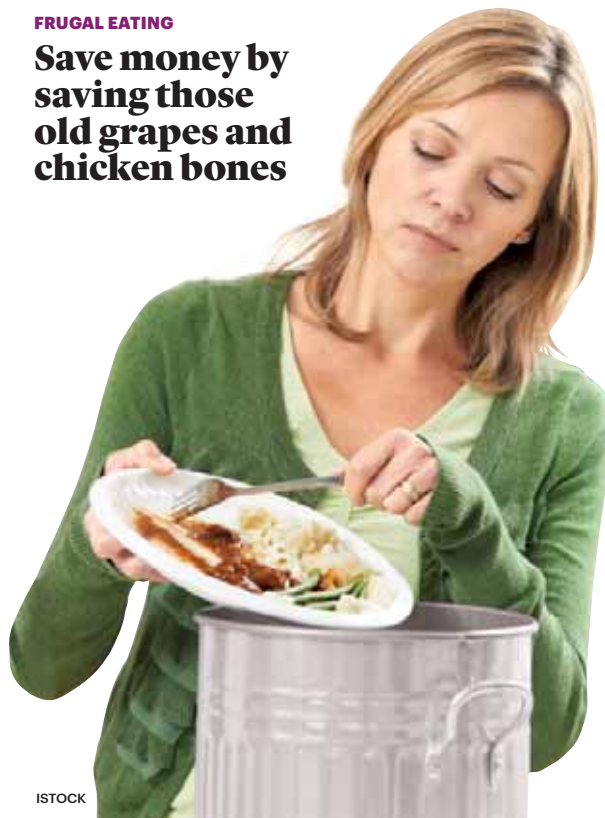
**CARDEL HOMES**



# Wait! Don't waste that food

## FRUGAL EATING

**Save money by saving those old grapes and chicken bones**



ISTOCK

## WORD OF MOUTH

**Theresa Albert**

myfriendinfood.com



Worldwide, 1.3 billion tonnes of food is wasted, with most of it spoiled by grocery stores or food service outlets. In Canada, according to a study commissioned by KitchenAid, that amounts to a \$40.28 household loss each and every week. People go hungry while palatable food goes to waste. That is a load of garbage. There are a few things you can do at home to keep more money in your pocket and food from the dump:

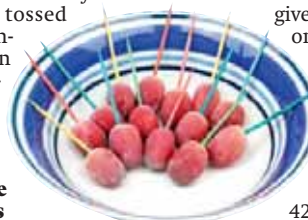
### Soggy lettuce

There really isn't anything you can do with it once it gets to the wilted, smelly point but you can prolong its life. Just slip a piece of paper towel in with the lettuce to help absorb the moisture and keep for a couple more days. Each time you open the box, wipe the condensation from the lid and replace the paper.

### Grapes

The skins of red grapes contain

the very same resveratrol that is so good for you in your red wine. When they start to lose their plumpness, throw them in the freezer. They are great tossed in smoothies or can be a stunning ice cube alternative.



### Vegetable scraps

The Top 3 discarded vegetable scraps are onion skins, celery and carrot ends. All are loaded with nutrients, especially onion skins, which contain a critical anti-aging nutrient called quercetin. Store them in a freezer bag until it is full and then simmer into a nourishing vegetable broth.

### Chicken bones

I never throw away chicken bones — there are nutrients and flavour in there! Even the ones on my family's plates get tossed into a broth because I know that any bacteria will be boiled away.



### Broccoli stalks

You know you can peel these and chop into salads, right? But if you really love your dog, toss them into the freezer and give to Fluffy as a treat on a hot afternoon.

### Parmesan ends

Too hard to grate, but great nonetheless! Chop into small cubes and bake at 425 F for five to 10 minutes to turn into crisp croutons.

Not only is hunger a crying shame, frugal is the new black.

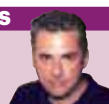
Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

## RED WINE Fire it up

### LIQUID ASSETS

**Peter Rockwell**

@therealwineguy



While most Canadians see barbecuing as a rite of spring and summer, in other parts of the world, cooking with fire is a daily activity that's only one prayer shy of a religion.

In South Africa, its national holiday, Braai Day, is named after the Afrikaans term for grilling. In Australia, way back in the early '80s, Crocodile Dundee's Paul Hogan starred in a series of commercials that ended with him offering to "slip an extra shrimp on the barbie for ya."

Argentina gives both a run for their marinade with its traditional asado: a word that encompasses how they cook and the festivities that ensue during the meal. When it comes to a barbecue wine pairing, I prefer a medium-bodied red with a touch of spice, which makes a drop like Argentina's 2013 Alamos Malbec (\$13.09-\$15.99) a perfect match. Made by Bodegas Catena Zapata, it oozes dark berry fruit, lip-smacking licorice and a hint of pepper that meets meat head on.



## INSPIRED BY TV

**London RV lab lets you cook up a cocktail, Walter White-style**

Breaking Bad fans jonesing for more of their favourite show may be interested to know of a pop-up bar inspired by the series that will turn an RV into a mobile cocktail lab in London this summer.

It's been about two years since the show ended. In the latest attempt to keep the series alive, the ABQ bar in London — which stands for the show's setting, Albuquerque, N.M. — will serve as an experimental cocktail lab allowing guests to cook up their

3

ABQ will operate for three months in London this summer.

own drinks with the help of a mixologist. The RV fits about 20 people at a time.

The show has also inspired Breaking Bad beer, doughnuts and bath salts — your garden/bathroom/bathtub variety, that is. AFP

## HOW-TO'S FOR HOMEMADE TREATS

# Two cool books for ice-cream lovers

We all think we're going to do it. Many of us even go out and buy the pricey special equipment for it. Because when summer's heat hits, it's hard not to fall for the cool, creamy romance of do-it-yourself ice cream.

Except that most of us will actually make ice cream at home all of about once ... maybe. Because while making ice cream isn't difficult, it tends to be fussy. And most of us don't do fussy all that well. Particularly when it's so much easier to just flip on Netflix, grab a spoon and down an entire pint of purchased ice cream on the couch.

But what if there was an easier way to have homemade ice cream? Two recent ode-to-ice cream cookbooks suggest there is.

For the most fun take on ice cream ever, you need to check out Bryan Petroff and Douglas Quint's Big Gay Ice Cream (Clarkson Potter, 2015), a hilariously over-the-top book inspired by the duo's soft-serve ice-cream trucks and shops of

the same name. These are the men who dreamed up crazy delicious cones like the Salty Pimp (vanilla ice cream, dulce de leche, nuts and salt) and Mountain Dew sorbet.

Tucked deep in the book — which is written and designed to resemble an '80s high school yearbook — is a must-make recipe: cheater soft-serve ice cream.

And then there is Leslie Bilderback's No-churn Ice Cream (St. Martin's, 2015), which offers 100 less hilarious, but nonetheless delicious recipes for ice cream that require no special equipment and no hard work. She does a great job walking you through utterly easy recipes, everything from basic vanilla and chocolate to more robust creations, such as sweet potato-marshmallow swirl ice cream.

None of this, of course, means you can't still eat a pint on the couch. THE ASSOCIATED PRESS



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# Depp in deep trouble over dog difficulties Down Under

## AUSTRALIA

**If convicted, Depp could face 10 years in prison**



**Ned Ehrbar**

Johnny Depp is back in the U.S. this week after getting into hot water in Australia for smuggling his two pet Yorkshire terriers into the country on his private plane, violating quarantine laws, but authorities in the lower hemisphere aren't done with him just yet.

If the case goes to court and Depp is found guilty, he could face up to 10 years in prison and a \$265,000 fine, according to the Sydney Morning Herald for allegedly smuggling in Pistol and Boo.

The dogs were apparently only discovered after visiting a dog grooming salon.



**Then why don't we just break the laws for everybody?**

Australian Minister of Agriculture Barnaby Joyce, on making exceptions for celebrities



Johnny Depp is accused of smuggling Pistol and Boo (below) into Australia.

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"If we start letting movie stars — even though they've been the Sexiest Man Alive twice — come into our nation (and break the laws), then why don't we just break the laws for everybody?" Australian Minister of Agriculture Barnaby Joyce says.

And you know what?

He raises some very good questions, but is he suggesting that Australia isn't already a completely lawless anarchic free-for-all?

Because if so, I've been sorely misled.

Also, shouldn't Depp have those Sexiest Man Alive titles stripped now, one for each Yorkie?

## TOURS

### Life on the road not so bad for Swift

Taylor Swift doesn't want your pity, OK?

"Sometimes I really don't think it's that hard at all," she says of life on tour. "When I was starting out, I'd go on tour for three months and I was gone for three months. Now almost 10 years in, thank God we get to play bigger shows, so I don't have to play as many.

If we're playing stadiums, I'll do two or three a week, not five shows a week, then I get to fly home in between. It's not that bad."

NED EHRBAR/FOR METRO



## GOSSIP NOTES Brand's sobriety, celibacy

### How to be celibate

Russell Brand is anticipating a visit to Australia later this year will make it hard to keep his current clean-living vows.

"Can anyone be celibate, not drink and not smoke and be political in Australia? As soon as you land, all those things go out the window," he said during a radio

interview.

He at least has a new, drastic means to keep him celibate: "Now I've got myself a heavy book — not to read, but to slam it shut on my penis a couple of times a day." Sure, that sounds fine, but what about the drinking?

NED EHRBAR/FOR METRO



## MARRIAGE

### Affleck in 'grips of a midlife crisis': Source

Ben Affleck and wife Jennifer Garner haven't been seen in public together for more than a month, which wouldn't be that big a deal for two working actors, except their last co-appearance came just after Affleck was spotted sans wedding ring — on Garner's birthday. Which is

not a good look for a husband. Naturally, Radar Online smells blood in the water and is reporting that the two are "leading separate lives."

"Ben is in the grips of a midlife crisis," a source told the National Enquirer. "The bottom line is that Jen can't trust Ben."

NED EHRBAR/FOR METRO





# The great grilling debate

## CHARCOAL VS. GAS

**The market has lots of options — each with pros, cons**

Barbecue expert Ted Reader, who has more than 50 different types of grills, waxes eloquent when explaining his love for cooking with charcoal rather than gas.

"A gas grill gives you instantaneous heat. Charcoal gives you love," the chef says from his Toronto backyard.

Charcoal barbecues are enjoying a resurgence with consumers who want to expand their barbecuing skills by playing with fire, says Naz Cavallaro, resident chef for the Canadian grill maker Broil King.

"Charcoal has gone crazy over the past four years. More and more people are getting into the charcoal way of doing things," Cavallaro says.

But both experts say there are reasons to choose a gas grill and pros and cons for each type of cooking fuel.

## Gas gives consistency

A consistent temperature is easier to maintain with gas, either natural or propane, and many homeowners opt to install a natural gas line so it's "always there," says Cavallaro.

"You don't have to worry about going and filling tanks, putting tanks in your car, putting yourself in an unsafe environment," he says.

With propane, a tank can run out during grilling. And it's not as efficient in winter because the gas doesn't burn off properly when it's too cold, Cavallaro adds.

On the other hand, a three-metre hose for a natural gas hookup prohibits much relocation, whereas a propane-fuelled barbecue can be moved around the yard.

When transporting a propane tank, never lie it on its side or put it in the back seat of a vehicle.

Cavallaro finds standing a tank in a plastic milk carton works well to keep it in place.

## Charcoal is tasty

When it comes to charcoal grills, many swear by the smoky taste they offer — but patience is required.

"You learn to read the fire and understand what wind direction's happening, what the humidity's doing," says Reader, who teaches in the food and technology program at Niagara College and develops products for grocery and restaurant chains.

"If it's dead air out there, there might not be enough oxygen in the air. If it's a high humid day with no wind to actually fuel your fire you won't get as hot a burn."

Lighting charcoal isn't difficult but isn't as quick as gas.

There are compressed paper cubes, electrical lighters and electronic hair dryer-type blowers available to start a charcoal grill. Reader likes the ease of using a charcoal chimney.

Never use lighter fluid, which imparts an unpleasant flavour to charcoal and food.

There are many styles of charcoal grills, ranging from kettles and vertical barrel cookers to egg-shaped kamados that are ceramic and hold the temperature well.

"It doesn't matter how cold the days are outside. I've been able to fire (a ceramic charcoal grill) and maintain temperature for hours," says Reader. "It offers consistency; you can grill hot and fast and you can smoke low and slow. And really, if I was going to invest I would invest in the best and I would look for a kamado cooker. I would put that in your backyard and learn how to use it. You won't be needing to buy another grill or smoker for years. And I'm talking 10 years plus."

No matter what type of grill you choose, both men advise reading the manual to get the most out of your appliance.

THE CANADIAN PRESS



Ted Reader, chef and author of *Gastro Grilling* fires up a (charcoal) grill Wednesday.

CHRIS YOUNG/THE CANADIAN PRESS

## TIPS

**Test your tank** If you're installing a refilled propane tank, he advises doing a simple leak test.

**Get a brush** Using a clean paint or basting brush, apply a mixture of half soap and water on the hose and tank connections.

**Watch for bubbles** Slowly turn on the tank. If bubbles form, there's a leak.

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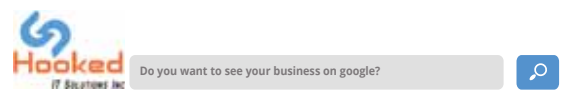
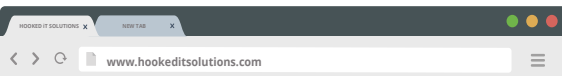
Ted Reader, chef



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**CARDEL HOMES**

# Fast food striving for a healthier glow

## RESTAURANTS

### Giant chains scramble to purge artificial flavours, hues

Taco Bell and Pizza Hut say they're getting rid of artificial colours and flavours, making them the latest big food companies scrambling to distance themselves from ingredients people might find unappetizing.

Instead of "black pepper flavour," for instance, Taco Bell will start using actual black pepper in its seasoned beef, says Liz Matthews, the chain's chief food innovation officer.

The Mexican-style chain also says the artificial dye Yellow No. 6 will be removed from its nacho cheese, Blue No. 1 will be removed from its avocado ranch dressing and carmine, a bright pigment, will be removed from its red tortilla strips.

Matthews said some of the new recipes are being tested in select markets and should be in stores nationally by the end of the year.

North America's biggest food makers are facing pressure from smaller rivals that position themselves as more wholesome alternatives.

Chipotle in particular has found success in marketing itself as an antidote to traditional fast food. In April, Chipotle announced it had removed genetically modified organisms from its food, even though the U.S. Food and Drug Administration says GMOs are safe.

Critics say the purging of chemicals is a response to unfounded fears over ingredients, but companies are nevertheless rushing to ensure their recipes don't become disadvantages.

In recent months, restaurant chains including Panera, McDonald's and Subway have said they're switching recipes for one or more products to use ingredients people can

more easily recognize.

Taco Bell and Pizza Hut are owned by Yum Brands Inc., which hinted the changes would be on the way. At a conference for investors late last year, Yum CEO Greg Creed referred to the shifting attitudes and the desire for "real food" as a revolution in the industry.

Representatives at KFC and Yum's corporate headquarter

“

**I do not want to lose any element of being accessible to the masses.**

Brian Niccol,  
Taco Bell CEO

ters in Louisville, Ky., were not immediately available to comment on whether the fried chicken chain would also be removing artificial ingredients.

## + A REAL CHANGE FOR THE PUBLIC?

John Coupland, a professor of food science at Penn State University, said companies are realizing some ingredients may not be worth the potential harm they might cause to their images, given changing attitudes about additives.

Additionally, he noted that the removal of arti-

cial ingredients can be a way for companies to give their food a healthy glow without making meaningful changes to their nutritional profiles.

For instance, Coupland said reducing salt, sugar or portion sizes would have a far bigger impact on public health.

THE ASSOCIATED PRESS

Pizza Hut says it will remove artificial flavours and colours by the end of July. It said it will start listing all its ingredients online once the changes are completed.

Taco Bell says it will take out artificial colours, artificial flavours, high-fructose corn syrup and unsustainable palm oil from its food by the end of 2015. It says artificial preservatives will be removed "where possible" by 2017.

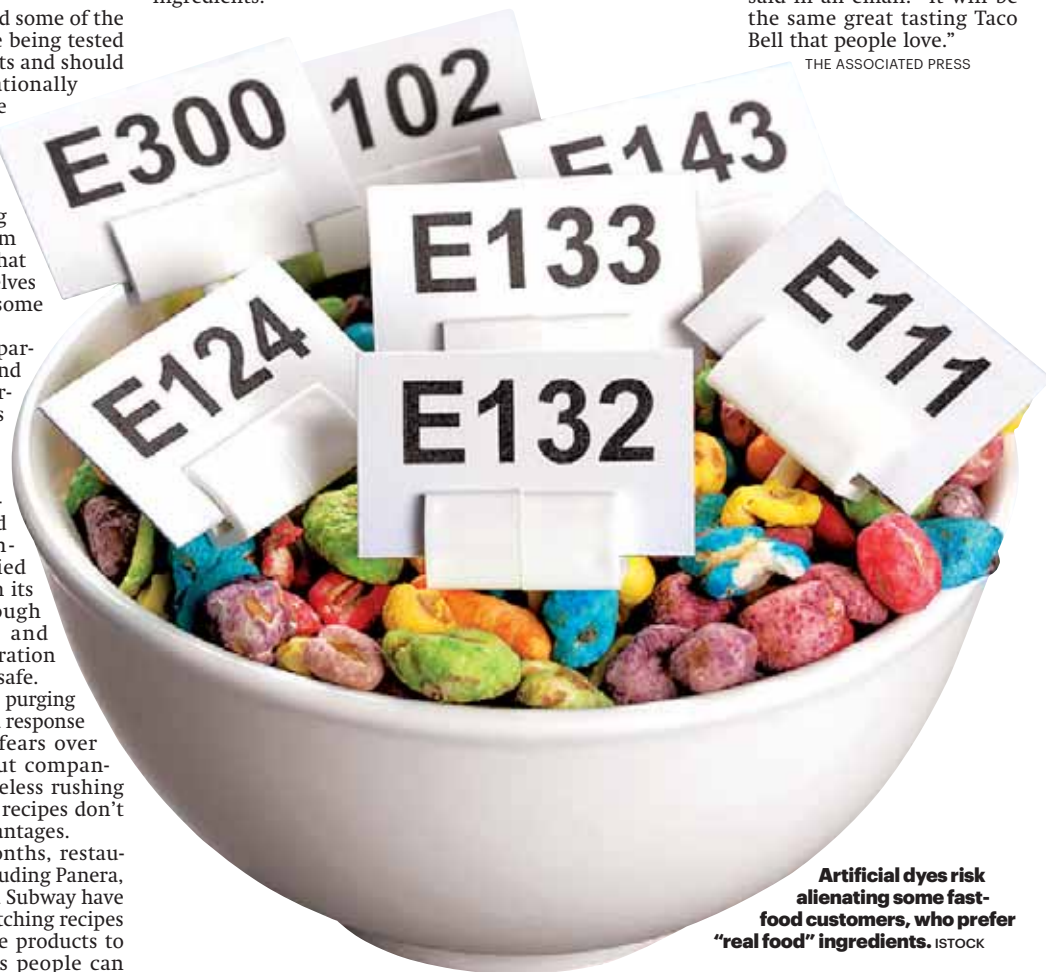
The moves do not affect fountain drinks or co-branded products, such as its Doritos-flavoured taco shells.

Brian Niccol, the chain's CEO, said the company would work to keep its menu affordable.

"I do not want to lose any element of being accessible to the masses," Niccol said.

When asked whether the changes would affect taste, a representative for Taco Bell said in an email: "It will be the same great tasting Taco Bell that people love."

THE ASSOCIATED PRESS



**Artificial dyes risk alienating some fast-food customers, who prefer "real food" ingredients.** ISTOCK



# Land of tea craves caffeine fix

## GOURMET COFFEE

### Japanese wait in four-hour lineups to try U.S. chain's java

Japan, famous for green tea, is welcoming artisanal American coffee roaster Blue Bottle with long lines that have at times meant a four-hour wait for a cup.

The company, which began in Oakland, Calif., in 2002, hopes its early popularity is more than a passing fad. Japan's consumer culture is littered with manias for Western food imports: pancakes, popcorn, doughnuts, even Taco Bell.

Success in Japan is important for Blue Bottle, which operates 17 cafés in the San Francisco Bay area, New York and Los Angeles. Japan is its first foray outside of the U.S. Blue Bottle raised nearly \$26 million (all figures U.S.) last year to invest in expansion, including financing from Silicon Valley executives, setting the stage for a test of whether an artsy gourmet coffee chain can go big.

Founder James Freeman, a musician, was inspired by Japan's old-style "kissaten" coffee-shops: tiny, dimly lit establishments, with good music and a barista behind a wooden counter.

Think places for quiet serious thinking and real drip coffee, not sweet, frivolous drinks.

"We care about every part of the coffee. We call it from seed to cup," said Saki Igawa, the business operations manager for Blue Bottle in Japan.

Attention to detail that dovetails with aspects of Japanese culture accounts for part of the coffee chain's early popularity. The spread of Starbucks internationally, which has created



A barista brews coffee at a Blue Bottle Coffee shop in Tokyo. Japan is the first foray outside the U.S. for the artisanal coffee roaster, which hopes that an artsy gourmet coffee chain can go big in a country famous for tea. SHUJI KAJIYAMA/THE ASSOCIATED PRESS



**We care about every part of the coffee. We call it from seed to cup.**

Saki Igawa, Blue Bottle Japan

a cookie-cutter coffee culture that some people want to trade up from, is another factor. Blue Bottle is also benefiting from the image problems in Japan of fast food chains and highly processed foods.

"It's a new era in eating out," said food industry consultant Jotaro Fujii, who contends that Blue Bottle's arrival and the decline of McDonald's in Japan is part of a bigger trend of consumer interest in the safety and quality of the entire food supply chain.

McDonald's is suffering de-

clining popularity in Japan, a problem exacerbated after plastic pieces, and even a tooth, was found in its food last year, setting off outrage among consumers.

Upscale burger chain Shake Shack, which started as a hot dog stand in New York, is expected to arrive in Japan soon, said Fujii.

Such chains, including Blue Bottle, are likely to aim for 50 or at most 100 outlets in Japan, not the thousands that fast-food eateries, such as McDonald's, have achieved here, he said.

Instead, they will focus on fortifying a brand image, which can lead to other kinds of lucrative businesses.

Although the prevalent image of Japan might be tea, it has long had plenty of affection for coffee. Starbucks has been a hit since arriving in 1995. It now has more than 1,000 shops in Japan.

Even convenience stores are serving freshly brewed coffee. Japan also invented "manga-kissa," or a café-cum-library, where you can curl up with a comic book and sip on coffee for hours.

Such newcomers have hammered the once omnipresent kissaten. Their numbers have dropped by half from the 1980s, or to 77,000 in 2009, according to a Japanese gov-

ernment study.

But Blue Bottle's popularity is part of a rediscovery of cafés serving carefully prepared, quality coffee, a trend already long evident in the U.S.

Blue Bottle's first Japan shop, which has a roaster, is in Kiyosumi, an older part of Tokyo, chosen because it reminded Freeman, the founder, of Oakland. It opened in February. The second shop, in a backstreet of Tokyo's fashionable Omotesando, opened in March.

A third, likely opening later this year in Tokyo's Daikan-yama shopping area, will feature a menu that reflects Blue Bottle's recent acquisition of San Francisco-based Tartine Bakery, which serves croissants, sandwiches and pastries.

THE ASSOCIATED PRESS

## + GIFT OF BEANS

**'I just love the taste,' says customer from rural area**

On a recent day, the Blue Bottle shop in Kiyosumi, Tokyo, was filled with sunlight pouring through huge windows, the hum of a giant roaster, the aroma of fresh coffee and a crowd of people.

Takuya Nakagawa, a 39-year-old hairdresser, who came all the way from rural Toyama Prefecture (state), was impressed. He bought granola and coffee beans as souvenir gifts.

"I just love the taste," he said. "This kind of place doesn't exist in Toyama."

Blue Bottle is learning from Japan, said Andrew Smith, 29, of San Francisco, a barista and one of three Americans who came to work for the chain in Japan.

"People here have different ways of conceptualizing about coffee so they taste things differently," Smith said.

"They are looking for different kinds of things in coffee. And that is a fun way to learn how everyone in the world perceives coffee differently."



Blue Bottle is drawing big crowds in Japan. SHUJI KAJIYAMA/THE ASSOCIATED PRESS

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Take notice that on the **1st day of June 2015 at 9:30 a.m.**, at **Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Temporary Guardianship Order** of your child born on **May 5, 2015**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink  
Calgary Region, Child and Family Services  
Phone: (403) 297-2978

### NOTICE OF HEARING FOR Permanent Guardianship Order To Justin Backfat

Take notice that on the **5th day of June 2015 at 2 p.m.**, at **Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**; of your child born on **May 7, 2011**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

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# Built to thrive in urban jungle



MIKE GOETZ/FOR METRO

## THE CHECKLIST 2015 CHEVROLET TRAX

### THE BASICS

**Type.** Five-door, front-wheel drive/AWD subcompact crossover

**Engine (hp).** 1.4-litre inline turbocharged four-cylinder (138)

**Transmission.** Six-speed automatic

**Price.** Base \$19,130 (plus destination)

### POINTS

- Uses the same platform as the Sonic, Chevrolet's subcompact sedan and hatchback.
- Available in four trim lines, the top 3 available with optional all-wheel drive.
- An IIHS Top Safety Pick.



MIKE GOETZ/FOR METRO

### COOL FEATURES

- Available OnStar 4G LTE creates a Wi-Fi hotspot, which allows passengers to connect multiple devices to wireless Internet.
- Available Siri Eyes Free connects iPhone to vehicle's audio system.
- Ten standard airbags.

### MARKET POSITION

- Subcompact crossovers are typically purchased by twentysomethings and empty-nest baby boomers, who like a small car's agility and economy, but want and need more utility.
- This segment is expected to grow substantially.

### THE COMPETITION



**Jeep Renegade**  
Base price: \$19,995



**Subaru XV Crosstrek**  
Base price: \$24,995



**Kia Soul**  
Base price: \$16,995

### REVIEW

## Chevrolet Trax reveals its agility, usefulness



**Mike Goetz**  
Metro|Canada

Like the rest of the world, Canada is becoming increasingly urbanized. According to Statistics Canada, back in the 1920s, less than 50 per cent of Canadians were urban folk. Now it's more than 80 per cent and climbing.

Vehicle design has reflected this shift, and none more so than crossovers based on subcompact vehicle platforms. These subcompact crossovers can get off-road dirty, owing to their optional AWD systems and slightly higher ground clearances, but they're really built for urban conditions, where they can offer up tall-in-the-saddle visibility, small-car manoeuvrability, and "just big enough" insides, for the couples and singles that inhabit the condo towers.

Chevrolet Trax was one of the first crossovers to really work this urban agenda, debuting back in 2013, and concentrating on two areas that have high appeal for its intended audience — safety and connectivity. Like many Chevrolets, Trax is ready to be hooked up to OnStar, and its available 4G LTE Wi-Fi hot-

spot. After the free trial period, however, you will need to pony up for monthly subscriptions for OnStar itself, and for a Wi-Fi data plan.

Bluetooth is standard. Rear vision camera and rear obstacle detection, and Bluetooth streaming audio, are standard on the top 2 trim lines (LT, LTZ). More electronic wonders can be had with MyLink (optional on LT, standard on LTZ), which offers a nice big touch screen, and smartphone integration to leverage lots of fun and useful apps, including Siri Eyes Free.

A plethora of airbags, and a body structure composed of 66 per cent high-strength steel, enabled Trax to ace the crash tests, one of the select few in its class to do so.

Another bright spot is ample room for four adults, though rear seat passengers will have a big bend in their knees if they're tall-ish.

Fuel efficiency is another strong suit.

In other aspects the Trax is average, or less. The interior design is useful and looks great, but also has big sections of hard plastic.

The 1.4-litre turbo is a bit loud and a bit challenged to accelerate smartly on the highway, but the transmission shifts well, and the high top gear allows for relaxed cruising.

Trax is a decent example of a great, new vehicle form, which can confidently fulfil a lot of urban transportation needs.

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# Grand Vitara, grand dynamics

## USED VEHICLE

### Fuel gauge on 2006-2012 models should be checked

The third-generation Suzuki Grand Vitara launched for model-year 2006 in the fall of 2005, offering four or six-cylinder engines with up to 230 horsepower, an off-road capable 4x4 system with low-range gearing and a lockable centre differential and plenty of ground clearance.

Owners have loved the SUV for actual off-road capability.

Although Suzuki's automotive sales operations have ceased in Canada, the brand is still alive and active here, and many Suzuki dealers have full service automotive shops to take care of warranty and repairs of their automotive products. Check with the nearest Suzuki centre to you, to be sure.

Ask sellers of 2006-2012 Grand Vitara if they've experienced any issues with the fuel gauge, and note any sud-

den movements on the fuel gauge during your test drive.

Confirm proper operation of all interior lighting, especially relating to illumination of the gear selector, radio head unit, and instrument cluster.

Also confirm all power windows and the sunroof operate properly, noting any issues with the panel opening or closing properly. If the sunroof fails to respond or stays stuck open, the switch may need replacing.

A few owners have reported issues relating to overheating, especially on models with the four-cylinder engine and while working the vehicle hard, for instance, towing on a hot day. This might be caused by an air bubble that blocks coolant flow.

As a precaution against potential engine damage, have the cooling system inspected and serviced on any used Grand Vitara you're considering.

Have a mechanic inspect the engine for signs of an oil leak from the timing cover area, which could be evidence of a bad timing chain cover gasket and/or a bad timing chain tensioner.

JUSTIN PRITCHARD/FOR METRO



## Features

Flexible storage, heated leather seats, air conditioning, automatic climate control, in-cabin air filter, power locks, power windows, a CD changer and HomeLink are all available.

## What owners like

The agile and sporty appearance, generous off-road capability, and the availability of low-range gearing for help on challenging terrain.

## What owners dislike

Heavy fuel consumption and stiff and uncomfortable back seats. Some owners wish for a richer selection of materials inside, too.

## The verdict

Grand Vitara appeals for its use of a high-capability 4x4 system and relatively confident off-road capabilities.

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**+** DETAILS

## Cruiser facts and figures

- It takes workers about 5.5 hours to outfit a vehicle for police use.
- It's believed the first motorized police vehicle was an electric patrol wagon, used in Akron, Ohio, in 1899. It included a gong and a stretcher.
- Ford's Police Interceptors have to be capable of withstanding a 120 km/h crash from the rear.

JIL McINTOSH/FOR METRO



**Ford's Police Interceptor SUV is based on an Explorer, but outfitted for law enforcement.** FORD

# Don't judge a police car by its cover

## ON THE JOB

## Ford reveals specifics of law enforcement vehicles

## Jil McIntosh

### For Metro

Other than the flashing lights and paint scheme, most police vehicles generally look similar to their civilian siblings. But they're considerably different under the skin, and built from the ground up for the hard life of a law enforcement vehicle.

"These are not retrofitted vehicles," says David Shuttleworth, commercial sales manager of Ford Canada. "They're rebuilt in Chicago at the same plant as the regular Taurus and Explorer, but they have unique features fitted to them before they come off the end of the line, and then they go to another facility for their final upfits."

Their engines and transmissions are tuned for optimum acceleration, but they also need to use as little fuel as possible and run cool when they idle, which they often do for long periods of time. Their anti-lock brakes and traction control are also uniquely tuned, and they have heavy-duty brakes, wheels, tires, suspension components, and alternators.

In the front, the seats are upholstered in heavy-duty cloth, and have sculpted backs so officers can sit comfortably while wearing their utility belts. In addition to a white dome light, there's also a red one for surveillance work. While civilian

vehicles have console-mounted gear shifters, Ford's Police Interceptor sedans and SUVs don't have a centre console, and their shift levers are on the steering column. The gap between the front seats is the same as in the discontinued Ford Crown Victoria, so police forces that used the old model can simply move their equipment into the new vehicles.

"The dash is unique to these vehicles," Shuttleworth says. "There's a universal mounting tray, reinforced with steel, on top of the dash so you can mount something like a camera."

The rear seats are covered in vinyl, and the door panels are flat, without pockets or cupholders. There are rear door handles, lock buttons, and window switches, but these can be disabled so "police customers" can't get out.

Beyond the standard equipment, police forces can choose from some 125 different options and packages. These include ballistic door panels, equipment mounting plates, and "mapable" steering wheel buttons, which can be

programmed for such tasks as turning on the lights or siren. Cars can also be outfitted with a trunk tray to hold equipment, or a lockable vault to hold drugs or weapons when they're transported from a crime scene.

"These vehicles can only be purchased by law enforcement, and not by civilians," Shuttleworth says. "Structurally and dynamically, they're way different from anything you'd buy retail, because they have a different job to perform."

## TECH

## Sonata nets Android Auto

All new Sonatas sold in the U.S. with a navigation system will now come with Internet search giant Google's smartphone-mirroring technology on board as standard.

What's more, any owners of an existing 2015 Sonata can also activate Android Auto via a free software update.

gle's Android Auto brings the best and most useful features of a smartphone safely to a car's dashboard.

Car companies have so far struggled to bring either Apple's or Google's systems to their production models, partly because they have been trying to develop in-car systems that support both technologies. AFP



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Companies are working on cabin noise-cancellation methods that use algorithms and microphones. KICHIGIN/SHUTTERSTOCK.COM

## Systems on way for quiet rides

TECH

### Digital noise cancellation comes without added weight

From Harman to Mitsubishi Electronics and Bose, companies are developing clever digital noise-cancelling systems that will make your next car's cabin as quiet as a library by using algorithms and microphones rather than layers of heavy soundproofing material.

Last week, Mitsubishi Electronic unveiled a new digital Active Noise Control (ANC) system for making car cabins quieter. Called FlexConnectANC, it can even deaden less predictable aural disturbances, as well as typical engine vibration and tire roar and will be available for other manufacturers to integrate into their upcoming vehicles.

"(It) provides drivers and passengers a quieter environment, enabling them

to hear phone calls, music and navigation commands by minimizing outside interference," said Mitsubishi Electric's Doug Ray. "A precisely tuned audio experience, including advanced ANC, will continue to be a growing differentiator for OEMs (original equipment manufacturers) — an experience not available from consumer devices or the aftermarket."

The company is not alone. Audio firm Harman unveiled its own solution, HALOsonic, at the International CES in Barcelona, Spain, in January.

"An uncompromised sound experience is more important than ever to today's drivers, and less noise also means drivers are less likely to become tired or distracted," said Michael Mauser, president of Harman Lifestyle Division.

Active Noise Cancelling

systems monitor the sounds being created by the car and entering the cabin and then create an equal, opposite sound, which is then pumped out of the speakers. The two sound waves cancel each other out.

Bose put the technology on the map with its noise-cancelling headphones and now it, too, has an in-car version of the system which is already used by Cadillac and Renault among others.

"Digital" soundproofing will also help car companies build lighter, more efficient cars that aren't weighed down by sound-deadening materials.

"We can provide automakers with greater opportunities to exploit lightweight materials without the risk that the perception of quality and harmony in the car will be compromised," said Mauser. AFP

**55%**

Percentage of drivers who said unwanted cabin noise was the biggest single distraction to enjoying music while driving  
HARMAN SURVEY

### + AUTO NEWS RENAULT TARGETS INDIA WITH BUDGET CAR

Renault gained a foothold in the huge but highly competitive Indian market last week with the launch of its first budget car developed especially for India. Renault chairman and CEO Carlos Ghosn described the Kwid compact hatchback as "a car for conquest." The Kwid will go on sale in the second half of the year priced at \$4,700. "India is not an easy market," Ghosn said at the launch in Chen-

nai, India's car-making hub. "This vehicle is a global car, if we make it in India, we will surely make it in all the world." He added that India could be the world's fourth-biggest car market within five years. Renault cars now account for around 1.5 per cent of sales in India but the company aims to swiftly increase that to five per cent with the Kwid and a new family car called the Lodgy. AFP



Carlos Ghosn, chairman and CEO of Renault. AFP PHOTO/STR





Based on full-line brands, on 12 month, year over year rolling unit sales



**- MAY -**

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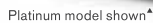
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**-\$3,000<sup>†</sup>**  


---

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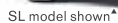
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- \$2,500\*  

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## + MOTORCYCLE NEWS A SPECIAL DUCATI SCRAMBLER AND THE RETURN OF HONDA'S ADVENTURE BIKE



The SC-Rumble by Vibrazioni Art Design. DUCATI

### The SC-Rumble

Ducati has taken the wraps off a one-off custom interpretation of its latest model, the Scrambler, which will be hitting the international bike show circuit this year. Created by design company Vibrazioni Art Design, the SC-Rumble has custom shock absorbers, a custom exhaust silencer, and a standard fuel tank wrapped in rubber that has been laser etched to mimic a tire tread.



Honda teases the upcoming CRF1000F Africa Twin. HONDA

### The Africa Twin

After a 12-year absence, Honda is resurrecting its iconic Paris-Dakar conquering adventure bike. An all-new model will be coming later this year. The original bike was launched in 1989 and initially called the XR750. The new bike, the CRF1000F Africa Twin, will be getting an all-new 1000cc parallel twin engine so there will be plenty of torque on offer. AFP

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# Zagato's monstrous Maserati

## DESIGN

### Production models of Mostro already sold

As Maserati begins to conclude its centenary year celebrations, no one is better qualified to ensure the party ends with a huge automotive crescendo than Zagato, the company behind so many iconic Maserati designs of the past.

And the Mostro powered by Maserati is sure to generate a lot of noise now that Zagato unveiled it this past weekend as part of this year's Villa d'Este Concorso d'Eleganza classic car show on the banks of Lake Como in Italy.

The event has been a mecca for concours condition classics, coach-built exotic flights of automotive fancy and for concept cars that push the envelope of what is possible in terms of exterior design. However, unlike many of the star cars on show this year, this Zagato-built Maserati is the real deal.

Inspired by the Maserati 450S Coupé Zagato, com-

missioned and raced by Sir Sterling Moss at the 1957 Le Mans 24 Hours, this car isn't a concept, it's the first of five production models, each of which has already been sold.

However, it means several people are going to have an exceptionally happy Christmas, as Zagato has earmarked December 2015 as the delivery date for client cars.

The Mostro is built almost entirely from carbon fibre — it permeates every body panel, although the MonCell is a mix of carbon fibre and steel tubing — and power comes from a Ferrari-Maserati-developed 4.2-litre V8 engine.

Like its automotive inspiration, this car is built for the track. It has double wishbone suspension and pushrod actuated shock absorbers to minimize unsprung weight, while its six-speed semi-automatic transmission is rear mounted for better weight distribution.

And while its makers promise that like the original, it will dominate a racing circuit, it will be totally road legal, too, and it's understood that the huge, fixed rear wing is removable for a better cruising esthetic. AFP



The Maserati Mostro by Zagato. The show car is the first of five planned production models. ZAGATO

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# Sam firmly in spotlight

CFL

## New Alouette wants to excel while inspiring gay athletes

While Michael Sam would prefer to be just another football player, he knows there is a unique responsibility that comes with being the first openly gay athlete in the CFL and one of only a tiny minority in North America's major professional leagues.

Signed to a two-year deal by the Montreal Alouettes last week, Sam tried to downplay the significance of the move during a news conference Tuesday, repeatedly saying he just wants to play football.

But when asked if he regretted coming out in February 2014, the defensive end was adamant it was the right decision.

"I've set in motion a lot of stuff," he said. "I have a responsibility to handle myself the right way and carry myself the right way so future athletes who may be straight, gay, bisexual, whatever, they can be inspired just by what I'm doing."

"If you're afraid of what your family might think, if you're afraid you think you might be disowned, I'm your family. Come to me and I'll be a part of your family."

The 25-year-old Sam was selected in the seventh round of the 2014 NFL draft by the St. Louis Rams, becoming the first openly gay player chosen by an



Michael Sam signed a two-year deal with the Alouettes last week. RYAN REMIORZ/THE CANADIAN PRESS

NFL team. He was later cut by the Rams and from the Dallas Cowboys' practice roster.

Sam is part of a tiny group of professional athletes who have chosen to go public about their sexual orientation. Retired NBA player Jason Collins came out in April 2013 while Los Angeles Galaxy soccer star Robbie Rogers is the lone out player in Major League Soccer. There are no openly gay players

**“He'll see that intelligent and enlightened people welcome him in this role in Canada and wish him luck.”**

Brian Burke, co-founder of You Can Play

in Major League Baseball or the NHL. Derrick Gordon became the first openly gay player in Division I men's basketball last year.

Alouettes general manager Jim Popp, who had been scouting Sam for some time, said he believes the six-foot-two, 260-pound player can excel

as pass-rusher in the CFL — so much so that the NFL will regret letting him go.

"I would love nothing more for him to spend his whole career here," Popp said,

"(But) there is such a small window in a football career. I hope he does so extraordinarily well that it's a benefit for our team (and) he gets another shot (at the NFL)."

THE CANADIAN PRESS

## IN BRIEF

### Cavs cap sweep of Hawks

LeBron James scored 23 points, Kyrie Irving returned after missing two games and the Cleveland Cavaliers reserved a spot in the NBA Finals with a 118-88 victory over the Atlanta Hawks on Tuesday night to win the Eastern Conference title.

By sweeping the top-seeded Hawks, the Cavs earned their second trip to the final, where they will face either Golden State or Houston.

It will be the fifth straight visit to the league's showcase event for James.

Jeff Teague scored 17 and Paul Millsap 16 for Atlanta, which won a team-record 60 games during the regular season and made the conference finals for the first time since 1970.

THE ASSOCIATED PRESS

### Bouchard tastes early defeat at French Open

Eugenie Bouchard says she hasn't been feeling like herself lately. That's an understatement, judging by her recent results on the court.

The Canadian tennis star continued her disappointing season Tuesday at the French Open, as the sixth seed was stunned 6-4, 6-4, by France's Kristina Mladenovic in the first round.

Bouchard has lost eight of her last nine matches combined on the WTA Tour and in Fed Cup play, and most of the defeats have been to players well below her in the WTA rankings.

THE CANADIAN PRESS

### Hitchcock stays with Blues

The St. Louis Blues are sticking with veteran coach

Ken Hitchcock for another season.

The Blues and Hitchcock on Tuesday announced a one-year contract. Financial terms were not disclosed.

Hitchcock took over as Blues coach during the 2011-2012 season. He has led St. Louis to an NHL-best 175-79-27 regular-season record since then.

THE ASSOCIATED PRESS



Rangers goaltender Henrik Lundqvist pokes the puck away from the Lightning's Nikita Kucherov in Tampa on Tuesday night. MIKE CARLSON/GETTY IMAGES

## NHL PLAYOFFS

# Rangers force Game 7 vs. Bolts

Derek Brassard had a hat trick and Henrik Lundqvist stopped 36 shots in another season-saving performance as the New York Rangers beat the Tampa Bay Lightning 7-3 Tuesday night to force Game 7 in the Eastern Conference final.

Brassard also had two assists for the Rangers, who evened the series 3-3 after being shut out in Game 5 at home.

Keith Yandle, James Sheppard and J.T. Miller also scored on Ben Bishop, who was pulled

## GAME 6 In Tampa

**7** **3**  
RANGERS LIGHTNING

with New York leading 5-1 with just under 13 minutes remaining. Rick Nash added a power-play goal against Andrei Vasilevskiy and Brassard had an empty-netter with 1:41 to go to complete the hat trick.

Lundqvist was outstanding before giving up a pair of third-period goals to Nikita Kucherov.

New York improved to 4-0 in elimination games this post-season, and Lundqvist is 9-1 with his team's season on the line since the start of last year's playoffs.

And he's not finished.

Game 7 is Thursday night in New York, where Tampa Bay has won twice in this series.

THE ASSOCIATED PRESS



# MLB Tigers can really roar if some stars shine

Justin Verlander hasn't appeared in a single game. Victor Martinez has hit only one home run, and Anibal Sanchez has allowed 11.

All things considered, the Detroit Tigers are off to a solid start — but they're still waiting for significant contributions from some of their biggest stars. "I know it's a good team," manager Brad Ausmus said. "You hope over 162 games, the fact that it's a good team bubbles to the surface."

After four consecutive division titles, the Tigers are facing a strong test from the AL Central. Detroit had the fourth-best record in the American League entering Tuesday night's game at Oakland, but that 26-20 mark was good for only third place.

The Tigers have played pretty well despite some early adversity, but to win another division crown, they may need more production from some of their best players. Verlander has been out

all season with a triceps strain. His return may not be too far off, but once he's healthy, the 32-year-old right-hander still has to show he can bounce back from an off year in 2014, when his ERA rose to 4.54.

Sanchez is trying to work through one of his roughest stretches since he was traded to Detroit in 2012. The right-hander is 3-5 with a 6.12 ERA, and he has allowed 11 homers after giving up only four last season.

Martinez also has had a hard time so far in 2015. After off-season knee surgery, the slugging designated hitter is batting .216 and recently went on the disabled list.

The Tigers remain comfortably above .500 because Miguel Cabrera and David Price have been as impressive as usual. They've also gotten contributions from further down the roster. Newcomer Alfredo Simon has also pitched well. THE ASSOCIATED PRESS



Denny Morrison was badly injured in a car crash on May 7 in Calgary but still aims to make the 2018 winter Olympics in South Korea. DEAN MOUHARTOPOULOS/GETTY IMAGES

## Magnificent Morrison

### SPEEDSKATING

### Even after car crash, our hero is aiming for Olympic return

Denny Morrison came back from a broken left leg to win Olympic speedskating medals. He'll need all that resilience and more on the road to the 2018 Winter Olympics in South Korea.

Prior to breaking his right leg and sustaining numerous other injuries in a motorcycle accident May 7 in Calgary, the three-time Olympian was in New Zealand preparing to climb a mountain in Tongariro National Park.

Guides and hotel staff told him not to do it because it would be a wet, stormy and miserable experience that day. Morrison climbed it anyway.

"I said 'it doesn't matter what the conditions are. I'm going to take one step towards the top over and over until I get there,'" Morrison said. "I compare that to the recovery from this and working towards Pyeongchang."

The 29-year-old from Fort St.

### INJURIES

Among his recent assorted injuries are a concussion, a punctured lung, a torn anterior cruciate ligament in his knee, bruised liver and kidneys and a small fracture in a bone near his spine.

John, B.C., owns four Olympic medals including a team pursuit gold won in 2010. Morrison is the current star of Canada's long-track speedskating team having won its two medals — a silver and a bronze — at the 2014 Winter Games in Sochi, Russia. He broke his left fibula while cross-country skiing just 14 months prior to those Games.

Morrison fell in the 1,000 metres at Canadian trials, but teammate Gilmore Junior vacated his spot in the distance so Morrison could race it in Sochi.

Morrison won silver, Junior became a folk hero in Canada and Morrison also added a bronze in the 1,500 metres. He will be inducted into B.C.'s Sports Hall of Fame in Vancouver on Thursday.

THE CANADIAN PRESS

### IN BRIEF

#### Conor Daly in for injured Hinchcliffe in Detroit

Conor Daly will replace James Hinchcliffe for this weekend's doubleheader in Detroit.

Daly will drive the No. 5 for Schmidt Peterson Motorsports at Belle Isle Raceway on Saturday and Sunday. Hinchcliffe has been hospitalized since suffering a life-threatening leg injury during a crash practicing for the Indianapolis 500 on May 18. THE ASSOCIATED PRESS

#### Bolt warms up for worlds with 200m victory

Usain Bolt cruised to victory in the 200 metres race at the Golden Spike meet on Tuesday, as the Jamaican star prepares for the world championships after a season marred by injuries.

At the IAAF World Challenge event the six-time Olympic champion started badly but came good and breezed to victory in 20.13. THE ASSOCIATED PRESS

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## RECIPE Pepper Stuffed with Quinoa and Charred Corn Salad



### EAT LIGHT AT HOME

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### Ready in

Prep time: 10 minutes

Cook time: 15 minutes

### Ingredients

- 1 1/2 cups chicken or vegetable stock
- 1 cup quinoa
- 1 cup canned corn kernels, drained
- 1 cup diced broccoli
- 1 cup diced red bell pepper
- 2 Tbsp orange juice concentrate, thawed
- 2 Tbsp rice vinegar
- 1 Tbsp olive oil
- 2 tsp liquid honey
- 1 1/2 tsp sesame oil
- 1 tsp minced fresh garlic
- 1/3 cup chopped fresh cilantro or parsley

### Directions

1. Bring the stock to a boil in a

saucepan. Stir in the quinoa. Reduce the heat to the lowest heat and simmer, covered, about 15 minutes. Drain off any excess liquid. Place in a serving bowl.

2. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the corn, stirring frequently, until it begins to char, about five minutes over medium heat. Stir in the broccoli and red pepper. Cook for four minutes, or just until the vegetables begin to soften. Transfer to the bowl with the quinoa.

3. Add the remaining ingredients to the quinoa and toss to coat.

### Nutrition per serving (recipe serves 6)

- Calories 167
- Protein 5.4 g
- Carbohydrates 21 g
- Fibre 4 g
- Total fat 5 g
- Saturated fat 1 g

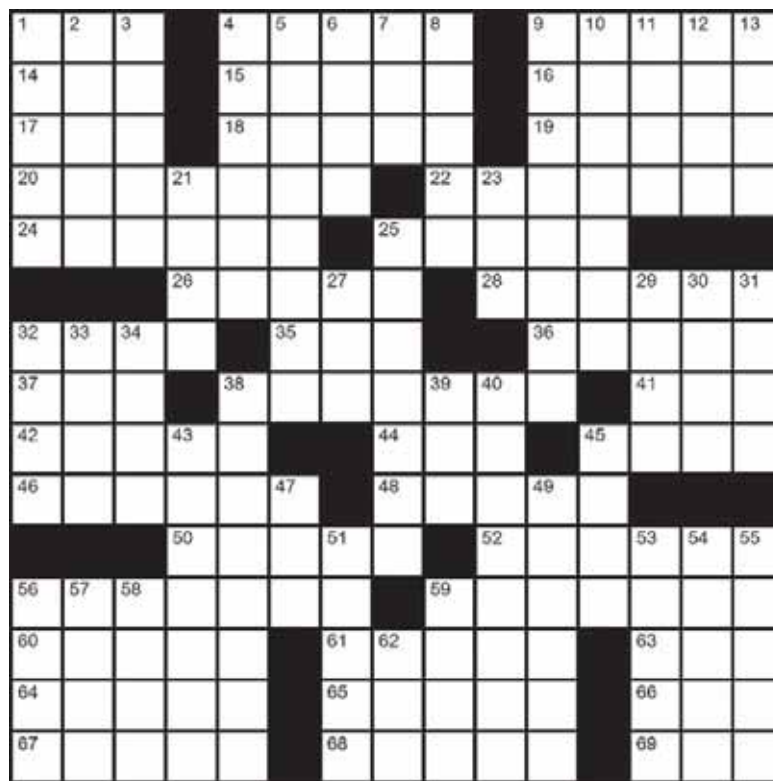
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. 7's phone letters
4. Upper house area
9. Performing very well
14. Roman Numeral for 52
15. Liquid-Plumr competitor
16. Prefix with 'path'
17. Horiz.
18. More pink, as steak
19. Tablet of yore
20. Vatican VIP: 2 wds.
22. Bernhard \_\_, Music Director of Symphony Nova Scotia
24. Virgil epic
25. Fraternity letter
26. Baby deliverer
28. Get
32. Soapbox
35. \_\_-Wan Kenobi
36. Overhang
37. Grazing land
38. Town on Lake Ontario near Hamilton
41. A-L-B-E-R-T-A cheer starter, "Give me \_\_ '!'"
42. Web message
44. Ms. Zadora
45. Comedian's creation
46. Universe
48. PEI community
50. Mind your \_\_ Qs
52. Most sky or ocean hue
56. Fettuccine \_\_



- (Pasta dish)
59. Medieval maladies
60. Artsy hat
61. "How do \_\_?" (Is this outfit okay?)
63. Toronto-born musician Mr. Emmett
64. "Cease!" on

- the seas
65. \_\_ Islands, in the North Atlantic
66. U2 song
67. Shampooing direction
68. Backyard buildings
69. But, to Brutus

### DOWN

1. Silver: Spanish
2. Wealthy: French
3. Ambulance signal
4. Skillful
5. Secret stage exit
6. Weight allowance

7. 'Brilliant' suffix
8. Buckingham Palace dog
9. National \_\_ of Quebec
10. Sort in sequence
11. Suffix with 'Poet'
12. Evening, fun-

- style
13. Theatre-\_\_ (Play attendee)
21. Money in Mexico
23. Actor Mr. Tognazzi
25. Watched every penny
27. Baseball stat.
29. Alaskan island city
30. Prefix meaning 'Fire'
31. Tidy
32. Mr. Baldwin
33. Business note
34. Sheep sounds
38. Canadian brand of chocolate-covered raisins
39. 'S' of RSVP
40. Animosity; or, current Taylor Swift song: 2 wds.
43. Shania Twain's "That Don't \_\_ Me Much"
45. Cozy
47. " \_\_ Songs (Say So Much)" by Elton John
49. Land \_\_ (Recreational region in Ontario); or, brand of margarine
51. \_\_, and or but!
53. Overseas moneys
54. River of Paris
55. Pshawed
56. "Two guys walk into \_\_..." (Joke intro)
57. \_\_ Strauss & Co.
58. Ms. Drescher
59. Skin opening
62. Music note

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
There is a possibility you will find yourself in the wrong place, at the wrong time with the wrong people today. Don't worry, you will soon get back to where you should be. Next time, be more careful.

**Taurus** April 21 - May 21  
Play to your strengths. Focus on what you are good at. If someone asks you to do something that you doubt will work out, turn them down flat. You like a challenge but you like a challenge you can master better.

**Gemini** May 22 - June 21  
Will you be a heroic failure or a huge success? That depends on how soon you go after your target. Hold off until the weekend when the universe will be on your side.

**Cancer** June 22 - July 23  
Do the opposite of what your instincts tell you today. If you feel like speeding up, slow down. If you feel like slowing down, speed up. Everything is up in the air, including your own thoughts and feelings.

**Leo** July 24 - Aug. 23  
Whatever you worry about today don't worry about money. If you do, you are likely to make a rash decision. If you worry about anything, worry about worrying too much.

**Virgo** Aug. 24 - Sept. 23  
Question everything you hear today, even if it comes from a trustworthy source. While Mercury is moving retrograde you should take nothing on trust. With Mars strong, you could be ruinously impetuous. Play safe.

**Libra** Sept. 24 - Oct. 23  
Do not, under any circumstances, get caught up in a neighbourhood dispute today. You may think you know how to resolve the situation but they won't listen. Worse, they may gang up on you.

**Scorpio** Oct. 24 - Nov. 22  
One minute you want to do one thing and the next minute you want to do something else. You are usually much more decisive than this. Come tomorrow you will be back to your old self.

**Sagittarius** Nov. 23 - Dec. 21  
You are focusing on the worst outcome to a situation that will likely never happen. Be positive and go to bed early for a change. Tomorrow the world will seem a rosier place.

**Capricorn** Dec. 22 - Jan. 20  
Explore. Visit places you have never been before. Not only will it be fun but it will widen your outlook and make you realize how fortunate you are compared to most.

**Aquarius** Jan. 21 - Feb. 19  
What you fear the most is the one thing you least need to fear. With the planet Mercury moving retrograde things are sure to be jumbled up.

**Pisces** Feb. 20 - March 20  
Whatever you are told by friends and family today you should act on the assumption that there are things going on behind-the-scenes that would change the picture completely if you knew about them. Maybe you don't want to know!

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★★★★★

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